

Relationship between Mother's Work and Success in Providing Exclusive Breastfeeding in the Work Area of Upt Puskesmas Beras Basah, Pangkalan Susu District in 2021

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ABSTRACT

Getting breast milk is a human right for every baby, because breast milk is the best food for babies. Breastfeeding is the right of every mother, including working mothers. However, working mothers are still considered as one of the factors causing the high rate of breastfeeding failure. The purpose of this study was to determine the relationship between mother's work and mother's success in giving exclusive breastfeeding. The purpose of this study was to determine the relationship between maternal occupation and the success of exclusive breastfeeding in the Work Area of the UPT Puskesmas Beras Basah, Pangkalan Susu District in 2021. This study used an analytical survey research design with a cross sectional approach, namely measuring independent variables and dependent variables simultaneously. The samples taken in this study were mothers who had babies aged 6-11 months as many as 72 people using a simple random sampling technique. Collecting data using a questionnaire using univariate and bivariate data analysis. The data were analyzed using the Chi-Square (χ^2) test. The results showed that 38 working mothers did not succeed in giving exclusive breastfeeding (80.9%) and 9 people (11.0%) succeeded. mothers who did not work succeeded in giving exclusive breastfeeding to 14 people (56.0%) and those who were not successful were 11 people (44.0%). Based on the results of statistical tests, it was found that there was a relationship between working mothers and exclusive breastfeeding in the work area of the Rice Basah Health Center UPT with p-value = 0.001 (p-value <0.05) because $0.01 < 0.05$ then H_0 was rejected and H_a was accepted, It is recommended for health workers to provide more knowledge and motivation to the community about the importance of exclusive breastfeeding.

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1. Introduction

Getting breast milk is a human right for every baby, because breast milk is the best food for babies. Mother's milk contains nutrients that are most suitable for the needs of babies who are in the stage of growth and development, especially in the first 2 years. Exclusive breastfeeding is given for 6 months, after which complementary foods are also needed. So even though the mother returns to work when the baby is about 2 months old, the baby should still have the right to be breastfed (Dewanto, 2015).

According to the Indonesian Pediatrician Association (2013) the Health Demographic Survey (IDHS) 2007 shows that 57% of the workforce in Indonesia are women. Factors that hinder the success of breastfeeding in working mothers are short time off from work, lack of workplace support, short time off at work (not enough time to express breast milk), lack of room to express breast milk, conflicting mother's wishes between maintaining work performance and milk production.

Breastfeeding is the right of every mother, including working mothers. The International Workers Organization Convention states that 14 weeks of maternity leave and the provision of supporting facilities for breastfeeding mothers in the workplace are mandatory. Labor Law in Indonesia No. I in 1951 gave maternity leave for 12 weeks and the opportunity to breastfeed 2 x 30 minutes during working hours. But working mothers are still considered as one. factors that cause the high rate of breastfeeding failure, even though in industrial countries 45-60% of the workforce are women of productive age (IDAI, 2013).

The World Health Organization (WHO), the American Academy of Pediatrics (AAP), the American Academy of Family Physicians (AAFP) and the Indonesian Pediatrician Association (IDAI) recommend exclusive breastfeeding for 6 months and breastfeeding can be continued for up to 2 years. It has been proven that breastfeeding mothers provide various benefits not only for the baby and mother but also for the mother's workplace. Maternal absenteeism in the company is lower because children are sick less often. By giving breast milk, the mother's closeness to the baby is maintained, even when far apart, and saves the mother's income because she does not need to buy formula milk.

The results of data from the Indonesian Health and Data Survey (IDHS) in 2017 showed that the practice of breastfeeding infants under 6 months of age was 52%. The percentage of exclusive breastfeeding decreases with increasing age of the baby, from 67% at 0 to 1 month of age, to 55% at 2 to 3 months of age, and 38% at 4 to 5 months of age. The coverage of infants who are exclusively breastfed nationally is 61, 33%. This figure has exceeded the target of the Strategic Plan (Renstra) in several provinces in 2017, which is 44% (IDHS, 2017).

However, based on data obtained from the North Sumatra Provincial Health Office, North Sumatra is one of the provinces that has not reached the strategic plan target in 2017 with a percentage of 45.31% (Provincial Health Office, 2017). This value has increased compared to 2013 the coverage of exclusive breastfeeding in North Sumatra Province, which was 41.3% (Pusdatin, 2013). The UPT Puskesmas Beras Basah is one of the health centers in Langkat Regency with a non-inpatient type of health center. Data on the coverage of exclusive breastfeeding obtained from 2020 was 22.22%. When compared with the target of achieving exclusive breastfeeding in Indonesia, which is expected to be 80%, the coverage of exclusive breastfeeding at the Beras Basah Health Center is still far from the Indonesian target (Profile of the Beras Basah Health Center, 2020).

An analysis shows that breastfeeding for 6 months can save 1.3 million lives worldwide, including 22% of the lives lost after birth. According to the United Nations International Children's Emergency Fund (UNICEF), exclusive breastfeeding can reduce infant mortality in Indonesia. UNICEF states that 30,000 infant deaths in Indonesia and 10 million deaths of children under five in the world each year can be prevented through exclusive breastfeeding for six months from the first hour after birth without providing additional food and drink to the baby. Although breastfeeding has become an Indonesian culture, efforts to improve the behavior of exclusive breastfeeding mothers are still needed because in reality the practice of exclusive breastfeeding has not been fully implemented.

Citing the results of the 2004-2009 National Socio-Economic Survey (Susenas), the coverage of exclusive breastfeeding for all infants under 6 months (0-6 months) increased from 58.9% in 2004 to 61.3% in 2009. Likewise with the coverage of infants who are exclusively breastfed continuously from 0 to 6 months of age also increased from 19.5% in 2005 to 34.3% in 2009. Although there is an increase in coverage, this situation is not yet encouraging. Bearing in mind, the number of female workers in Indonesia reaches around 40.74 million people, with the number of workers of reproductive age around 25 million people who are likely to experience pregnancy, childbirth and breastfeeding while working. Because of that,

Based on the results of Riza Ramli's research (2020) with the title Relationship of Mother's Knowledge and Employment Status with Exclusive Breastfeeding in Sidotopo Village with a sample of 57 respondents, it was found that 52 mothers (91%) did not give exclusive breastfeeding. Most mothers (94.4%) had less knowledge and did not give exclusive breastfeeding, only 3 mothers (14.3%) had good knowledge and gave exclusive breastfeeding. Most of the mothers (73.7%) were mothers who did not work and did not give exclusive breastfeeding (90.5%). There are 15 working mothers (26.3%) and only 1 mother (6.7%) who breastfeeds exclusively (Ramli, 2020).

According to research conducted by Ni Made Sri Ardha Padmasari, et al (2020) with the title Relationship between Mother's Occupational Status and Motivation for Exclusive Breastfeeding in the Mengwi III Health Center Work Area, Badung Regency, it was found that the status of working mothers was 48 people (53.3%) and motivation for exclusive breastfeeding is high motivation as

2.3. Population and Sample

a. Population

Population is the whole object of research or object under study. The population in this study were all mothers who had babies aged 6-12 months in the UPT working area, amounting to 257 people.

b. Sample

The sample in this study used the Slovin formula, namely

$$n = \frac{N}{N(\alpha)^2 + 1}$$

Information :

n = sample

N= population

= 10% precision value or significant = 0.1

The population in this study is 257 people, so:

$$n = \frac{257}{257(0.1)^2 + 1}$$

$$n = \frac{137}{2.57 + 1}$$

$$n = \frac{137}{3.57}$$

$$n = 71.98$$

So, the sample in this study amounted to 71.98 or 72 people. Sampling to be studied is done using simple random sampling technique. This method is used if the members of the population are considered homogeneous. The collection can be done by means of a lottery (Hidayat, 2017). After knowing the size of the sample, the researcher then uses a cluster sampling technique which is carried out by randomization in two stages, namely first randomization for the cluster or region, second simple randomization to take samples at each class. Cluster sampling is done by

TABLE 2
CLUSTER SAMPLING

No	Village / Village	Number of mothers who have babies 6-12 months	Calculation	Number of Samples
1	Wet Rice	63	$\frac{63}{257} \times 72 = 17.64$	18
2	Sei Siur	55	$\frac{55}{257} \times 72 = 15.40$	15
3	Paya Looks	48	$\frac{48}{257} \times 72 = 13.44$	13
4	Sand Cape	42	$\frac{42}{257} \times 72 = 11.76$	12
5	Sluice	49	$\frac{49}{257} \times 72 = 13.72$	14
Amount		257		72

2.4. Conceptual framework

The conceptual framework of the title of this study regarding the relationship between work and success in exclusive breastfeeding is as follows:

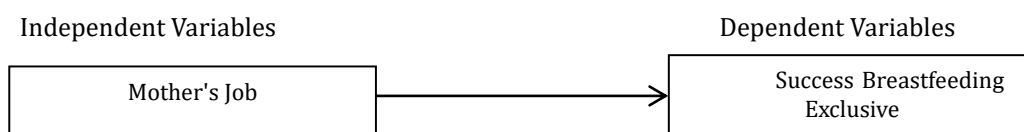


Image 1 Research Concept Framework

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The variables studied were the mother's occupation as the independent variable (independent) and the dependent variable (dependent), namely the success of exclusive breastfeeding to determine the relationship (correlation) between the independent variable and the dependent variable.

2.5. Data Collection Techniques

a. Primary data

The method of data collection using primary data is collected through questionnaires in the form of closed-ended questions which are formed with multiple choices, namely by providing several answers/alternatives, and the respondent only chooses one of them according to his opinion. Primary data were also collected through interviews and observations from the checklist sheet. The checklist sheet is a list to "check", which contains the name of the subject and several symptoms and other identities of the target of observation. Observers just give a check mark () on the list which indicates the presence of symptoms or characteristics of the target of observation.

TABLE 1
QUESTIONNAIRE GRID (PROBLEMS)

Research variable	Indicator	Question Points	Amount
Mother's success in exclusive breastfeeding	1. Definition of Exclusive Breastfeeding	1 and 9 2,3,4,5,6,7,8,9,10,11 and	2
	2. Exclusive breastfeeding method	12 13	10
	3. Benefits of Exclusive Breastfeeding		1

b. Secondary Data

The method of data collection using secondary data obtained by researchers from the UPT Puskesmas Beras Basah, namely the number of mothers who have babies aged 6-12 months.

3. Results and Discussion

3.1 Overview of Research Sites

Geographically, the UPT Beras Basah Health Center is located in the Langkat Regency, Pangkalan Susu District, which is located between:

North Latitude: 41o12'81"

East Longitude: 98o22'36"

With the boundaries of the working area of the Beras Basah Health Center as follows:

- a. In the north, it is bordered by Cempedak Alur Village
- b. In the east it is bordered by Pulau Sembilan
- c. To the south, it is bordered by Kec. Western Brand
- d. In the west it is bordered by Kec. Western Brand

The area of Beras Basah Village, Kec. Pangkalan Susu is 39 km² which is topographically divided into 2 areas, namely lowland areas and coastal/coastal areas. Administratively, the Working Area of UPT Puskesmas Beras Basah Pangkalan Susu consists of 1 Kelurahan and 4 Villages and 11 Neighborhoods and 21 Hamlets.

3.2 Univariate Analysis

TABLE 2
SOCIODEMOGRAPHIC FREQUENCY DISTRIBUTION OF MOTHERS WITH INFANTS AGES 6-12 MONTH IN THE WORK AREA OF WET RICE UPT PUSKESMAS IN 2021

No	Category	Frequency	%
1	By Age		
	20 - 25	18	25.0
	26 - 30	17	23.6
	31 - 35	33	45.8
	36 - 40	4	5.6
	Amount	72	100
2	Based on Education		
	SD	13	18.1
	JUNIOR HIGH SCHOOL	18	25.0
	SENIOR HIGH SCHOOL	32	44.4

	Diploma	4	5.6
	S1	5	6.9
	Amount	72	100
2	By Job		
	IRT	25	34.7
	Trader	8	11.1
	Farmer	10	13.9
	Laborer	7	9.7
	Entrepreneur	6	8.3
	Employee	8	11.1
	Teacher	3	4.2
	Nakes	3	4.2
	ASN	2	2.8
	Amount	72	100

From table 4.1 the sociodemographic distribution of mothers who have babies aged 6-12 months in the working area of the UPT Puskesmas Beras Basah, Pangkalan Susu District in 2021, based on the age of the majority of respondents aged 31-35 years, there are 33 people (45.8%) and the minority age 36-40 years old, namely 4 people (5.6%), while the majority of respondents in this study were 32 people with high school education (44.4%) and a minority with D3 education, which amounted to 4 people (5.6%). Based on occupation, the majority of respondents worked as IRT, which amounted to 25 people (34.7%) and the minority worked as ASN, which amounted to 2 people (2.8%).

TABLE 2
FREQUENCY DISTRIBUTION OF WORKING MOTHERS WITH BABIES AGED 6 - 12 MONTHS IN THE REGION
UPT PUSKESMAS WET RICE IN 2021

No	Mother's Occupation of Exclusive Breastfeeding	Frequency	Percentage
1	Working	47	65.3
2	Doesn't work	25	34.7
	Total	72	100

Based on table 4.2, it can be seen that the frequency distribution of 72 respondents shows that the majority of mothers' occupations are in the working category, namely 47 people (65.3%) and the minority is in the unemployed category, namely 25 people (34.7%).

TABLE 3
FREQUENCY DISTRIBUTION OF MOM'S SUCCESS IN EXCLUSIVE BREAST MILK

No	Knowledge level	Frequency	%
1	Succeed	23	31.9
2	Not successful	49	68.1
	Amount	72	100

Based on table 4.3, it can be seen that the frequency distribution of 72 respondents shows that the success of mothers in exclusive breastfeeding is the majority in the unsuccessful category, namely 49 people (68.1%) and the minority is in the successful category, namely 23 people (31.9%).

3.3 Bivariate Analysis

TABLE 4
RELATIONSHIP OF MOTHER'S OCCUPATION WITH SUCCESS IN EXCLUSIVE BREAST MILK
IN THE WORK AREA OF WET RICE PUSKESMAS UPT IN 2021

Job Category	Success of Exclusive Breastfeeding				Amount	%	Asymp.mSign (2 sides)	□
	Succeed	%	Not successful	%				
Working	9	19.0	38	80.9	47	65.3		
Doesn't work	14	56.0	11	44.0	25	34.7	0.01	0.05
Amount	23	100	49		72	100		

Based on table 4.4, it can be seen that of 47 working mothers (65.3%) the majority of working mothers did not succeed in exclusive breastfeeding as many as 38 people (80.9%) and 9 working mothers succeeded in providing exclusive breastfeeding (19.0%), and from The majority of 25 people (34.7%) of non-working mothers managed to give exclusive breastfeeding, 14 people (56.0%) and 11 people (44.0%) did not succeed in exclusive breastfeeding. Based on SPSS calculations using Chi Square analysis, a significant value of 0.01 was obtained because $0.01 < 0.05$

then H_0 was rejected and H_a was accepted, meaning that it can be concluded that there is a significant relationship between mother's work and success in exclusive breastfeeding in the UPT work area. Wet Rice Health Center in 2021.

3.4 Discussion

Based on the results of research on the relationship between mother's work and success in exclusive breastfeeding in the working area of the UPT Puskesmas Beras Basah in 2021, it is known:

a. Sociodemographic Frequency of Mothers who have Infants aged 6-12 months in the Work Area of UPT Beras Basah Health Center in 2021

Based on the results of the study obtained by the age of the majority of women of childbearing age who became respondents aged 31-35 years (45.8%). The results of this study are in line with research conducted by Sholihah (2017) regarding the distribution of respondents based on the age of working mothers who have babies aged >6-24 months in the working area of the Sewon II Health Center which was collected from 70 respondents in the study, obtained data on respondents aged 20 - 35 years is as many as 53 people (75.7%).

Based on the results of the study, it was found that the majority of mothers' education who became respondents were high school as many as 32 people (44.4%) and the majority of mothers' occupations who became respondents worked as IRT, namely as many as 25 people (34.7%). The results of this study are in line with research conducted by Swari (2018) of 64 mothers who were respondents, as many as 30 (46.2%) mothers had high school education and 30 (46.2%) worked as IRT.

According to A. Wawan (2011) and Widianti (2007), the internal factors that influence knowledge are age and education, as well as work, because the older you get, the higher your education, and the better your job, the more your grasping power and mindset will develop. , so that the knowledge gained is getting better. According to the author's assumptions based on research results from respondent data, the age of the respondents who are adults, high education, and a good job will affect their grasping power and mindset, especially in motivating attitudes to participate in better life behavior so that it will affect the success rate of giving Exclusive breastfeeding.

Based on the table above, it can be seen that the effect of prior back massage on breastfeeding mothers using lavender essential oil on breast milk production that did not experience smooth milk production was 18 people (51.43%), and 17 people whose milk production was smooth (48, 57%). While the effect after the back massage was carried out on breastfeeding mothers using lavender essential oil whose breast milk production was smooth as many as 27 people (77.14%), and the production of breast milk was not smooth as many as 8 people (22.86%).

The results of statistical tests using the Wilcoxon test show that the p value (0.001) < (0.05) means H_0 is rejected, so there is a significant effect on breast milk production if breastfeeding mothers are massaged using lavender essential oil at BPM Wahyu Jl Pertiwi No.58 Pond Village, Percut Sei Tuan Sub-district in 2021. These results prove that doing back massage to nursing mothers using lavender essential oil has a good effect on breast milk production at BPM Wahyu Jl Pertiwi No.58 Pond Village, Percut Sei Mr District in 2021.

b. Frequency of Mother's Work in Providing Exclusive Breastfeeding in the Work Area of UPT Beras Basah Health Center in 2021

Based on the results of the study, it can be seen that the frequency distribution of 72 respondents showed that the majority of mothers' occupations were in the working category, namely 47 people (65.3%) and the minority was in the unemployed category, namely 25 people (34.7%). This study is in line with research conducted by Swari (2018) in Denpasar that most respondents have the working status of mothers as working mothers as many as 35 people (53.8%) and mothers who do not work as many as 30 people (46.2%).

Work is something that is done to earn a living or livelihood, people who are busy with daily activities or work will have more time to obtain information. According to the author's assumptions, the results above indicate that if the work status of the mother is working, it is very likely that the mother does not give exclusive breastfeeding to her baby, and if the work status of the mother is not working, it is very likely that the mother can give exclusive breastfeeding. Because most mothers work, they take less time to care for their babies, thus allowing mothers not to exclusively breastfeed their babies. Actually, if a working mother can still give exclusive

breastfeeding to her baby by pumping or by expressing breast milk, then it is stored and given to her baby later.

c. Frequency of Mother's Success in Giving Exclusive Breastfeeding in the Work Area of UPT Beras Basah Health Center in 2021

Based on Table 4.3 above, it can be seen that the frequency distribution of 72 respondents shows that the success of mothers in exclusive breastfeeding is the majority in the unsuccessful category, namely 49 people (68.1%) and the minority is in the successful category, namely 23 people (31.9 %). This research is in line with Firtiani et al. (2018), it is known that in BPM Wirahyu Panjang Bandar Lampung there are 66 people (68%) who do not give exclusive breastfeeding and 31 people (32%) give exclusive breastfeeding. Likewise with the research conducted by Timporok, et al (2018), only 28 respondents (38.9%) gave exclusive breastfeeding, while 44 people (61.6%).

This is due to working hours, the distance between work and home and the mother's unwillingness to pump her breast milk. Other reasons are that the mother's psychological condition is stressed, the mother's lack of effort or preparation during pregnancy, the mother's lack of knowledge about lactation management, the lack of breastfeeding skills, the lack of perseverance and patience in practicing breastfeeding, the wrong perception about breastfeeding, and the lack of motivation to breastfeed.

According to the author's assumptions and based on the results of questions and answers conducted by researchers on respondents, it turns out that there are several reasons stated by respondents why mothers do not give exclusive breastfeeding to their babies, and this is the cause of the failure of exclusive breastfeeding, namely because of mother's ignorance of the meaning of exclusive breastfeeding, where the mother believes that oranges, honey, tea and water can be given to babies except for porridge and formula milk. Other reasons given by the mother were that she felt that there was not enough breast milk for her baby's needs, the milk had not come out, the mother was sick, the baby was premature, and there were problems with the mother's breasts. And another reason was also conveyed by the mother that the mother worked so she gave her baby formula milk when the mother worked. The majority of working mothers do not give exclusive breastfeeding because mothers are lazy to express/pump their breast milk when the mother is working, the distance between the mother's workplace and the house is far, and the mother's busy life with work cannot divide the time in breastfeeding her baby. Mothers who do not work do not succeed in giving exclusive breastfeeding because mothers are lazy and afraid of loose breasts, lack of knowledge about exclusive breastfeeding and still follow local traditional traditions so that mothers do not give exclusive breastfeeding.

d. Relationship between Mother's Work and Success in Exclusive Breastfeeding in the Work Area of UPT Puskesmas Beras Basah in 2021

From the Chi-Square test obtained a significant value / probability (p) = 0.01 < 0.05, which means that there is a significant relationship between mother's work and mother's success in exclusive breastfeeding. In this case, it can be stated that the acceptance of the research hypothesis is that H_a is accepted and H_o is rejected, and thus the research hypothesis has been tested for truth.

Based on table 4.4, it can be seen that from 47 people (65.3%) working mothers, the majority of mothers did not succeed in exclusive breastfeeding as many as 38 people (80.9%), and from 25 people (34.7%) the condition of mothers who did not working majority in the successful category 14 people (56%). Based on the results of the chi-square test, the p value = 0.01, which means that there is a relationship between the mother's work and the success of exclusive breastfeeding. This is in accordance with the research by Fitriani, et al (2018) with the title Relationship between Mother's Employment Status and Exclusive Breastfeeding at BPM Wirahayu Panjang Bandar Lampung. After statistical testing with Person Chi Square between the work status of breastfeeding mothers and exclusive breastfeeding, the p value = 0.000 was obtained. Likewise with the research conducted by Koba,

For mothers who are actively working, efforts to provide exclusive breastfeeding often experience obstacles due to the short period of maternity and maternity leave. Before exclusive breastfeeding ends completely, the mother must return to work. This is what makes babies do not get exclusive breastfeeding. According to the author's assumption, the mother's job affects the success or failure of the mother in exclusive breastfeeding because work sometimes causes delays in the mother to exclusively breastfeed. Technically, this is because the mother is busy so that it is not enough to pay attention to the needs of breast milk. The physical and mental condition of mothers who come home from work all day has hampered the smooth production of breast milk.

This reduces the intention of working mothers to exclusively breastfeed their babies.

This is due to the factor of the mother's employment status which causes exclusive breastfeeding not to be carried out. According to researchers, this phenomenon occurs because work is generally a time-consuming activity for mothers who have an influence on family life. Looking at the data taken from the questionnaire sheet in the research conducted, there is a significant relationship between work and the success of exclusive breastfeeding. This is due to the lack of knowledge, awareness, information, and positive attitude about exclusive breastfeeding at work or not working so that they provide additional food other than breast milk and so that actions in exclusive breastfeeding are also lacking, because if a person's behavior is not based on knowledge and awareness, This behavior will not last long.

4 Conclusion

After doing research on the relationship between mother's work and success in exclusive breastfeeding in the Work Area of the UPT Beras Basah Health Center in 2021, it was concluded, mothers who had babies aged 6-12 months who became respondents based on the age of the majority of respondents aged 31-35 years amounted to 33 people (45.8%) and the minority aged 36-40 years, namely 4 people (5.6%), while the respondents in this study were the majority with high school education amounting to 32 people (44.4%) and the minority with D3 education, which amounted to 4 people (5.6%). Based on occupation, the majority of respondents worked as IRT, which amounted to 25 people (34.7%) and the minority worked as ASN, which amounted to 2 people (2.8%). The employment status of mothers in providing exclusive breastfeeding in the Work Area of the UPT Puskesmas Beras Basah majority works, namely 47 people (65, 3%) and the minority are in the category of not working, namely 25 people (34.7%). The success of mothers in exclusive breastfeeding was unsuccessful, the majority were 49 people (68.1%) and the minority was in the successful category, namely 23 people (31.9%). There is a relationship between the mother's occupation and the mother's success in exclusive breastfeeding where the p value = 0.01, which is the result of the Chi-Square test at the 95% confidence level with = 0.05.

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