

The Effect of Education on Increasing Knowledge and Attitude of Pregnant Mothers Trimester III About Exclusive Breast Milk in the Clinic Sunartik Primary Year 2021

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ABSTRACT

Breastfeeding for newborns is one of the efforts to prevent death and malnutrition in infants and toddlers. Data from the Health Profile of Medan City in 2016, the number of babies who received exclusive breastfeeding was 1,589 from 5,135 babies recorded, in a percentage of 30.9%. The purpose of this study was to study the effect of counseling on increasing knowledge and attitudes of pregnant women in the third trimester about exclusive breastfeeding before and after being given counseling at the Sunartik Pratama Clinic in 2021. This research is quantitative with research design using experimental method with pre-experimental using one group pre-post test method. The sampling technique used the total population with a sample of 31 respondents. The time of the study was carried out in March-July 2021. Data analysis used univariate and bivariate analysis using the Wilcoxon test. Based on the results of the study, there were differences in the average value of knowledge of third trimester pregnant women about exclusive breastfeeding before and after counseling, namely the Wilcoxon test results obtained the Asymp value. Sig. (2-tailed) is 0.000. And there is a difference in the average value of the attitude of pregnant women in the third trimester about exclusive breastfeeding before and after counseling, namely the Wilcoxon test results obtained by the Asymp value. Sig. (2-tailed) is 0.003. There is an effect of increasing knowledge and attitudes of pregnant women in the third trimester about exclusive breastfeeding before and after being given counseling. It is hoped that health workers can run government programs and provide counseling, information and counseling about the benefits of exclusive breastfeeding to increase knowledge of pregnant women who will breastfeed and give exclusive breastfeeding to babies 0-6 months.

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INTRODUCTION

The provision of Mother's Milk (ASI) for newborns is one of the efforts to prevent death and malnutrition in infants and toddlers. The World Health Organization (WHO) (2015) recommends that newborns be breastfed until the age of 6 months without providing other food or fluids, except vitamins, minerals, and drugs that have

been permitted for medical reasons. According to the United Nations Children's Fund (UNICEF) (2015), as many as 30,000 infant deaths in Indonesia and 10 million under-five deaths in the world each year can be prevented through exclusive breastfeeding. Breastfeeding provides benefits for both the baby and the mother. Infants who are exclusively breastfed will avoid the risk of death from diarrhea by 3.9 times and acute respiratory infections (ARI) by 2.4 times (1). Basic Health Research (Riskesmas) in 2018, the proportion of exclusive breastfeeding in children aged 0-6 months showed 37.3% and it can be seen that the comparison of exclusive breastfeeding for the male gender was 38.7% and for the female gender was 35,9%. According to the characteristics of exclusive breastfeeding in urban areas, 40.7% is greater than in rural areas which is only 33.6% (2). The 2017 Indonesian Health Profile shows that the coverage of infants receiving exclusive breastfeeding is 61.33%. This figure has exceeded the 2017 Strategic Plan target of 44%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara 87.35%, while the lowest percentage is in Papua 15.32%. There are five provinces that have not achieved the 2017 Strategic Plan target, namely North Sulawesi 36.93%, Banten 35.87%, Maluku 30.02%, West Papua 24.65%, and Papua 15.32% (3). Data from the Health Profile of Medan City in 2016, the number of babies who received exclusive breastfeeding was 1,589 out of 5,135 babies recorded, in a percentage of 30.9%. This shows that the coverage of infants receiving exclusive breastfeeding is very low (not yet reaching the target) and the puskesmas with the highest coverage of exclusive breastfeeding are in 3 puskesmas, namely the Sentosa Baru Health Center with a coverage of (76.9%), the Binjai Village Health Center (67.8%). %, Pulo Brayan Public Health Center (64.1%) and the lowest coverage of exclusive breastfeeding was found in 5 Public Health Centers, namely Frequent Health Center (5.7%), Sei Agul Health Center (0%), Matsum City Health Center (0%), Martbung Public Health Center (0%), Plunge Public Health Center (0%) (6). Research conducted by Tygita Widya Sari with the title Differences in Mother's Knowledge Before and After Counseling About Exclusive Breastfeeding in the Work Area of the Sidomulyo Health Center Inpatient Pekanbaru City in 2018. This research is an observational analytic study with a Cross Sectional design, the sample of this study was 60 people taken using accidental sampling. Data collection using a questionnaire and data analysis using the Wilcoxon Signed Rank Test, the results showed that the p-value was 0.000 ($p < 0.05$), meaning that there was a difference in the level of knowledge of mothers before and after being given counseling about exclusive breastfeeding (9). Mother's Milk (ASI) is an incomparable liquid created by Allah to meet the nutritional needs of babies and protect them against possible disease attacks. The balance of nutrients in breast milk is at its best and the milk is in the best form for the body of a young baby (14).

RESEARCH METHOD

Univariate analysis was used to describe the data performed on each variable from the research results. The data are presented in the frequency distribution table in the table below: Total Knowledge Questions Before and After Counseling for Third Trimester Pregnant Women About Exclusive Breastfeeding at Sunartik Pratama Clinic in 2021 Tables and Figures are presented center, as shown in Table 1 and Figure 1, and cited in the manuscript before appeared.

Tabel 1. Total Knowledge Questions Before and After Counseling for Third Trimester Pregnant

Total Pre test Knowledge Questions	amount		Total Pre test Knowledge Questions	amount	
	f	%		f	%
5	4	12,9	7	1	3,2
6	1	3,2	8	1	3,2
7	3	9,7	9	4	12,9
8	4	12,9	10	2	6,5
9	4	12,9	11	3	9,7
10	4	12,9	12	6	19,4
11	4	12,9	13	3	9,7
12	2	6,5	14	3	9,7
13	3	9,7	15	7	22,6
14	2	6,5	16	1	3,2
Total	31	100	Total	31	100

Table 2. Distribution of Knowledge Normality Results Before and After Counseling for Third Trimester Pregnant Women at Sunartik Sei Primary Clinic Characterizes Sunggal Deli Serdang in 2021

Kelompok	Statistic Test Tool			Data calculation method		
	Statistik	f	Sig.	Statistik	f	Sig.
<i>Knowledge Pre test</i>	.320	31	.000	.753	31	.000
<i>Knowledge Post test</i>	.283	31	.000	.779	31	.000

RESULTS AND DISCUSSIONS

Alpha value in this study is 0.05. From the data in the table above shows the p-value $0.000 < 0.05$, it can be seen that there is an effect of counseling on increasing the knowledge of third trimester pregnant women about exclusive breastfeeding. Research conducted by Tygita Widya Sari with the title Differences in Mother's Knowledge Before and After Counseling About Exclusive Breastfeeding in the Work Area of the Sidomulyo Health Center Inpatient Pekanbaru City in 2018. This research is an observational analytic study with a Cross Sectional design, the sample of this study was 60 people taken using accidental sampling. Data collection using a questionnaire and data analysis using the Wilcoxon Signed Rank Test, the results showed that the p-value was 0.000 ($p < 0.05$), meaning that there was a difference in the level of knowledge of mothers before and after being given counseling about exclusive breastfeeding (9). Knowledge is the result of "knowing" and this occurs after people have sensed a certain object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste and touch. At the time of sensing to produce knowledge is strongly influenced by the intensity of attention perception of the object. Most of human knowledge is obtained through eyes and ears (21). Knowledge itself is influenced by formal education. Knowledge is very closely related to education, where it is hoped that with higher education, the person will have more extensive knowledge. However, it should be emphasized, it does not mean that someone with low education is absolutely low in knowledge (21). According to the researcher's assumption, one of the factors that affect the level of knowledge is the source of information, where the source of information that has been obtained and obtained from various sources either through health promotion, print media and electronic media, will affect a person's level of knowledge. If a person gets a lot of information, he will tend to have broader knowledge and this knowledge will underlie one's attitudes and behavior. So for third trimester pregnant women who have received counseling will have better knowledge and it is easier to understand the importance of exclusive breastfeeding. This will be a reference for pregnant women to later want to give exclusive breastfeeding to their babies in accordance with government programs

CONCLUSION

After conducting research on the effect of counseling on increasing knowledge and attitudes of pregnant women in the third trimester about exclusive breastfeeding at the Sunartik Pratama Clinic in 2021, it can be concluded as follows: Based on table 4.3, it is known that from 31 (100%) respondents of third trimester pregnant women, for knowledge before being given counseling, there were more respondents who had less knowledge about exclusive breastfeeding, namely 16 respondents (51.6%), the remaining 10 respondents (32, 3%) have good knowledge about exclusive breastfeeding, and as many as 5 respondents (16.1%) have sufficient knowledge about exclusive breastfeeding. And for knowledge after being given counseling, there were more respondents who had good knowledge about exclusive breastfeeding, namely 14 respondents (45.2%), the remaining 11 respondents (35.5%) had sufficient knowledge about exclusive breastfeeding, and 6 respondents (19.4%) had fraudulent knowledge about exclusive breastfeeding. Based on table 4.5, it is known from 31 (100%) respondents of third trimester pregnant women, for attitudes before being given counseling, there were more respondents who did not agree with exclusive breastfeeding, namely 19 respondents (61.3%), and the remaining 12 respondents (38.7%) have an agreeable attitude about exclusive breastfeeding. And for attitudes after being given counseling, it was found that more respondents agreed about exclusive breastfeeding, namely 21 respondents (67.7%), and the remaining 10 respondents (32.3%) had attitudes that did not agree about exclusive breastfeeding. Based on the results of the knowledge normality test, the Alpha value in this study was 0.05. From the data in the table above shows the p-value $0.000 < 0.05$, it can be seen that there is an effect of

counseling on increasing the knowledge of third trimester pregnant women about exclusive breastfeeding. Alpha value in this study is 0.05. From the data in the table above shows a p-value of 0.003 < 0.05, it can be seen that there is an effect of counseling on increasing the attitude of pregnant women in the third trimester about exclusive breastfeeding.

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