

Factors Related To Maternal Behavior In Exclusive Breastfeeding At The Tiga Panah Health Center, Karo Regency In 2023

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ABSTRACT

Breast milk is the ideal nutrition for babies which contains nutrients that best suit the baby's needs and contains a set of protective substances to fight disease. The first two years of a child's life are critical, as optimal nutrition during this period decreases morbidity and mortality, reduces the risk of chronic disease, and promotes better overall development. Therefore, optimal breastfeeding, namely when children are 0-23 months old, is very important because it can save the lives of more than 820,000 children under 5 years of age every year. The percentage of exclusive breastfeeding for babies aged 0-6 months is 71.58% in 2021. This type of research is quantitative with a cross sectional approach. The research was conducted in the working area of the Tiga Panah Community Health Center, Karo Regency, carried out in early 2023. The research population was all mothers who had babies aged 0-6 months in the working area of the Tiga Panah Community Health Center totaling 50 people. The sampling technique used was purposive sampling. The data analysis used was univariate analysis and bivariate analysis, the analysis used was the Chi Square (X²) statistical test with $\alpha = 0.05$. The results showed that 14 respondents (33.4%) were aged 20-35 years. Based on high school education, 21 respondents (50%). and most respondents did not work as many as 25 respondents (59.5%). The behavior of mothers who did not breastfeed exclusively was 9 responses (21.5%), almost half of the respondents had insufficient knowledge about breastfeeding, 14 respondents (33.4%). It was still found that (14.3%) pregnant women had readiness in the not ready category in terms of the efforts made to support successful breastfeeding efforts during pregnancy. The results of the Chi Square test with continuity correction obtained a P value of 0.003 (<0.05), meaning that there is a relationship between support from health workers and exclusive breastfeeding behavior at the Tiga Panah Community Health Center, Karo Regency. The results of statistical tests can be concluded that there is an influence of support from health workers on the behavior of exclusive breastfeeding at the Tiga Panah Community Health Center, Karo Regency with a Chi Square value by looking at the continuity correction, a P value of 0.003 (<0.05). It is hoped that health workers will provide education and communication to increase understanding of exclusive breastfeeding.

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INTRODUCTION

The World Health Organization (WHO) and the United Nations of Children's Fund (UNICEF) in their global strategy for feeding infants and children state that preventing infant mortality is by providing appropriate food, namely exclusive breastfeeding for 6 months of life and the introduction of complementary foods for breast milk (MPASI).) which is safe and nutritious at the age of 6 months along with continued breastfeeding until the age of 2 years or more (WHO, 2020). The first two years of a child's life are critical, as optimal nutrition during this period decreases morbidity and mortality, reduces the risk of chronic disease, and promotes better overall development. Therefore, optimal breastfeeding, namely when children are 0-23 months old, is very important because it can save the lives of more than 820,000 children under 5 years of age every year (WHO, 2020).

This happens because exclusive breastfeeding is influenced by various factors, such as sociodemographic factors in the form of age, occupation, socio-economic education and place of residence, psychosocial factors (husband support, family support, beliefs, desires, perceptions), pre-natal factors (parity, type childbirth, complications, counseling) (Lumbantoruan, 2018:15). The coverage of babies at the provincial level who receive exclusive breastfeeding in Indonesia is 68.74%.

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The Ministry of Health (Kemenkes) noted that the percentage of exclusive breastfeeding for babies aged 0-6 months was 71.58% in 2021. This figure shows an improvement from the previous year which was 69.62%. North Sumatra was 55.98% and 57.83%. 68.9% achieved exclusive breastfeeding in Langkat district. (Indonesian Health Profile, 2018).

Lactose is the main type of carbohydrate in breast milk. 100 ml of breast milk contains 7 grams of lactose, which is the highest level compared to the milk of other mammals. Apart from playing an important role as an energy source, carbohydrates in breast milk can also prevent infection by increasing the growth of 9 good intestinal bacteria, lactobacillus bifidus and inhibiting dangerous bacteria by fermenting lactose into lactic acid, causing the stomach to become acidic and inhibiting the growth of dangerous bacteria (Maryunani, 2018).

Breast milk fat is the right fat for the growth and development of babies because it contains a healthy and proportional amount of fat. The lipase enzyme causes the fat in breast milk to be easily digested and absorbed by the baby. The main fat in breast milk is long-bond fat which contains omega-3, omega-6, DHA and AHA which are important for nerve growth and brain development. The fat in breast milk also contains cholesterol which is useful for baby's brain growth. During rapid brain growth, high cholesterol levels are required. Cholesterol in breast milk functions in the formation of enzymes for cholesterol metabolism which function to form enzymes so that they can prevent the risk of heart disease at a young age (Maryunani, 2018).

Breast milk has a protein content that is different from the milk of other mammals, both in quality and quantity. Amino acids are breast milk contents that are suitable for babies. In 100 ml of breast milk there is 0.9 grams of protein, this amount is less than protein in other mammals. Excess protein can cause damage to the baby's kidneys. Breast milk contains Whey and Casein proteins. Whey is a protein that is smooth, soft and easy to digest, while casein is a protein that is coarse, lumpy and difficult to digest. The ratio between whey and casein in breast milk is 65:35 while in cow's milk it is 20:80. The proteins in breast milk that are not found in cow's milk are lysosomes, lactoferrin and taurine. Lysosomes are natural antibiotics in breast milk that can destroy dangerous bacteria. Lactoferrin functions to inhibit the development of candida fungi and staphylococcal bacteria which are detrimental to the baby's health. Taurine is needed for the development of the brain and nervous system (Maryunani, 2018). Breast milk contains various vitamins that babies need. These include vitamins D, E, and K. Vitamin E is found in colostrum for the resilience of red blood cells, vitamin K is needed as a catalyst in the blood clotting process and is found in breast milk in sufficient quantities and is easily absorbed (Astutik, 2017).

The minerals in breast milk are of better quality and are more easily absorbed than the minerals found in cow's milk. Selenium is a mineral that is quite high in breast milk compared to formula milk and cow's milk, which functions for baby growth. Babies who are exclusively breastfed have a very small risk of iron deficiency, even though the iron levels in breast milk are low. This is because the iron contained in breast milk is more easily absorbed than that contained in cow's milk (IDAI, 2018).

Based on theory (Notoatmodjo S, 2018) factors related to exclusive breastfeeding are the mother's knowledge, education, age, occupation, and the role of birth attendant. Basically, babies' needs for breast milk and breast milk production vary greatly. Therefore, it is difficult for mothers to predict whether their baby's breast milk needs will be met. In this regard, mothers need to pay attention to signs of hunger or satisfaction shown by the baby, as well as the baby's weight gain as an indicator of the baby's adequacy of breast milk (Prasetyono, 2017).

Lactation is the entire breastfeeding process, starting from the production of breast milk to the process of the baby sucking and swallowing the breast milk. Meanwhile, what is meant by lactation management is an effort made by the mother, father and family to support successful breastfeeding. The scope of implementation of lactation management begins during pregnancy, after delivery, and during the breastfeeding period (Prasetyono, 2018). Research on Factors Associated with Mother's Behavior in Providing Exclusive Breast Milk. The research results were analyzed bivariately to see the frequency distribution of each research variable and bivariately to see the relationship of the independent variable

to the dependent variable. The statistical test results obtained a P value of 0.030 with a confidence level of 95%, so it can be concluded that there is a relationship between support from health workers and exclusive breastfeeding behavior. with an OR of 4.9, it means that respondents who do not receive support from health workers have a 4.9 times chance of not providing exclusive breastfeeding compared to respondents who receive support. The aim of this research was to analyze factors related to maternal behavior in providing exclusive breast milk at the Tiga Panah Community Health Center, Karo Regency.

METHOD

This research is included in the type of quantitative analytical research with the design approach used is "cross sectional", that is, each subject is observed simultaneously at the same time, meaning that the subject is only observed once and measured according to his condition at the time of observation (Notoatmodjo, 2015). The research was carried out at the Tiga Panah Community Health Center, Karo Regency in 2023. The population in this study was all mothers who had babies aged 0-6 months at the Tiga Panah Community Health Center totaling 50 people. The sampling technique used is purposive sampling, where the sample is selected by determining subjects who meet the research criteria and are included in the research for a certain period of time. The data analysis technique used is the Chi Square (X²) statistical test with $\alpha = 0.05$. If the test results show $p < 0.030$ then the relationship between variables is meaningful (significant).

RESULTS AND DISCUSSION

In this study, we want to see the influence of factors related to maternal behavior in providing exclusive breastfeeding at the Tiga Panah Community Health Center, Karo Regency.

Table 1. Relationship between maternal knowledge about breastfeeding and exclusive breastfeeding behavior at Tiga Panah District Health Center. Karo in 2023.

Knowledge	Breastfeeding Behavior				Amount		P	OR
	Not Exclusive		Exclusive				Value	
	N	%	N	%	N	%	0,04	4,414
Low	8	57,1%	7	40,4%	14	33,4%		
Tall	3	10,7%	24	59,5%	28	66,6%		
Total	11	26,1%	31	73,8%	42	100%		

The results of the analysis of factors related to maternal behavior in providing exclusive breastfeeding at the Tiga Panah Community Health Center, Karo Regency in 2023, showed that those aged 20-35 years were 14 respondents (33.4%). Based on high school education, 21 respondents (50%) and the majority of respondents who did not work were 25 respondents (59.5%), the behavior of mothers who did not breastfeed exclusively was 9 respondents (21.5%), almost half of the respondents had knowledge 14 respondents (33.4%) were less concerned about breast milk, it was found that (14.3%) of pregnant women were prepared in the category of not being ready in the efforts made to support successful efforts to breastfeed during pregnancy, it was found that (21.5%) of respondents were not received support from family in terms of exclusive breastfeeding, it was still found (14.2%) of respondents who did not get support from health workers in terms of exclusive breastfeeding. Respondents who have low knowledge have a higher proportion of not providing exclusive breastfeeding (57.1%) compared to respondents who have high knowledge (10.7%). he statistical test results obtained a P value of 0.04 with a confidence level of 95%, so it can be concluded that there is a relationship between knowledge and exclusive breastfeeding behavior, with an OR of 4.4, which means that respondents with low knowledge have a risk of not providing exclusive breastfeeding of 4.4 times. compared to respondents who have high knowledge. The relationship between maternal readiness during pregnancy and breastfeeding behavior at Tiga Panah Community Health Center, Karo Regency in

2023.

The research results showed that the proportion of respondents who were not prepared during pregnancy was almost the same (16.6%) as respondents who were prepared during pregnancy (22.7%) in terms of not providing exclusive breastfeeding. The statistical test results obtained a P value of 1,000 with a confidence level of 95%, so it can be concluded that there is no relationship between respondents' readiness during pregnancy and exclusive breastfeeding behavior.

According to Parwati (2020), preparation for breastfeeding during pregnancy is an important thing to do, because with better preparation, mothers are better prepared to breastfeed their babies and support the success of exclusive breastfeeding. However, the results of research conducted at the Tiga Panah District Health Center. Karo is not in line with the statement above, the results of data processing showed that both mothers who made preparations during pregnancy and those who did not prepare during pregnancy, had almost the same percentage of exclusive breastfeeding behavior, this can be seen from the knowledge of respondents at the Tiga Panah District Health Center. Karo stated that more than half of the respondents had a high level of knowledge, so even though the mother was not ready for pregnancy, the respondents had a good level of knowledge. Family support is support to motivate mothers to give only breast milk to their babies until the age of 6 months. Support or support from other people or people closest to you plays a big role in whether breastfeeding is successful or not. The greater the support you get to continue breastfeeding, the greater your ability to continue breastfeeding. The support of her husband and family has a very big influence, a mother who does not receive enough support from her husband, mother, younger siblings or is even afraid is influenced to switch to formula milk (Proverawati, 2020). Research conducted by Rokhanawati, Dewi (2020) The proportion of low husband's social support was 3.02 greater in the non-exclusive breastfeeding behavior group compared to the exclusive breastfeeding behavior group. The results of the research conducted by the author showed that there was no relationship between family support and exclusive breastfeeding. In fact, in this study, the category of respondents who did not receive support from the family had a smaller proportion of not providing exclusive breastfeeding at (11.1%) compared to respondents who received support from the family at (30.3%).

This research is also in line with research conducted by (Ariwati et al, 2021) which is an analytical survey research with a cross-sectional research design with a population of 308 mothers and a sample size of 76 breastfeeding mothers who have babies aged <6 months. The results of the chi square test with SPSS show that the p value is 0.0001, which means there is a significant relationship between midwife support regarding exclusive breastfeeding and exclusive breastfeeding behavior in the working area of the Ambarawa Health Center, Semarang Regency and the PR value = 2.48. This means that mothers who receive support from midwives have 2.48 times greater opportunity to breastfeed exclusively than mothers who receive less support from a midwife.

CONCLUSION

There is a relationship between the knowledge and support of health workers and the behavior of providing exclusive breastfeeding at the Tiga Panah District Health Center. Karo 2023. There is no relationship between preparation during pregnancy and family support with exclusive breastfeeding behavior at the Tiga Panah District Health Center. Karo 2023. Therefore, it is hoped that health workers as helpers will fully involve husbands and families in providing support to mothers during the exclusive breastfeeding process.

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