

## FACTORS AFFECTING MOTHERS WHO HAVE BABIES IN EXCLUSIVE BREAST FEEDING IN ASUHAN VILLAGE SIANTAR TIMUR DISTRICT PEMATANG SIANTAR CITY

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### *Abstract*

*Exclusive breastfeeding is very important for the growth and development of infants, and is also important for the future of the nation and state. So the researcher is interested in conducting research on the factors that influence mothers who have babies in exclusive breastfeeding in the Asuhan Village, Siantar District, Pematangsiantar City Team in 2016. were mothers who had babies 0-6 months as many as 300 people. The sample size was 166 people using the formula from the Lemenshow books. The results of this study were the majority of respondents having high school education, namely 66 people (39.8%), while the minority had elementary education, namely 25 people (15, 1%) The majority have jobs as private employees, namely 49 oning (29.5%), while a minority have jobs as housewives, namely 49 people (29.5%). The majority have good knowledge, namely 95 people (57.2%), while the minority have less knowledge, namely 71 people (42.8%). The majority had an attitude of agreement, namely 117 people (70.5%), while the minority had less knowledge, namely 71 people (29.5%). Mothers have a very important role in exclusive breastfeeding, for that mothers must be able to properly manage the time of exclusive breastfeeding.*

**Keywords:** Exclusive breastfeeding, Mother

### INTRODUCTION

Breastfeeding (ASI) or infant breastfeeding is carried out in various layers of society throughout the world, because there are many benefits to be gained from exclusive breastfeeding and breastfeeding practices for 2 years. 6 months of age, and continue breastfeeding until 2 years old (Hamowo, 2012). Exclusive breastfeeding is the first, main and best food for babies, which naturally contains various nutrients needed in the process of growth and development of infants (Prasetyono, 2009).

The importance of exclusive breastfeeding can be seen from the role of the world, namely in 2006 the World Health Organization (WHO) issued Child Growth Standards which were then applied throughout the world whose contents emphasized the importance of giving only breast milk to babies from birth to 6 months of age. After that, then the baby begins to be given complementary food while still being breastfed until he reaches 2 years of age. In line with the regulations set by WHO. In addition, the importance of breastfeeding was also seen at a world event, namely the World Breastfeeding Week in August 2008. The World Alliance For Breast Feeding Action (WABA) chose the theme Mother Support: Going For the Gold.

Likewise, what happened in Indonesia, data from the Indonesian Lactation Center noted that based on the 2007-2010 Indonesian demographic and health survey, only 48% of mothers gave exclusive breastfeeding. In Indonesia, the average mother gives exclusive breastfeeding for only 2 months, while giving formula milk has increased 3 times. And based on data from Bappenas in 2010 it was stated that only 31% of babies in Indonesia

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received exclusive breastfeeding until the age of 6 months. Indonesia also applies regulations related to the importance of exclusive breastfeeding, namely by issuing Government Regulation (PP) number 33/2012 concerning exclusive breastfeeding. This regulation states the obligation of mothers to breastfeed their babies from birth until the baby is 6 months old. (MOH, 2010)

Based on a preliminary survey conducted by researchers in the Orphanage Village, Siantar Timur District, Pematangsiantar City in 2016, there were 300 mothers who had babies. Of the 300 mothers who had babies, researchers obtained data that only 69 mothers gave exclusive breastfeeding to their babies. Mothers do not give exclusive breastfeeding to their babies due to several factors.

Based on the data above and because of the importance of exclusive breastfeeding for the growth and development of babies, the researchers wanted to know the factors that influence mothers who have babies in exclusive breastfeeding in the Orphanage Village, East Siantar District, Pematangsiantar City in 2016.

## **FORMULATION OF THE PROBLEM**

Factors that influence mothers who have babies in exclusive breastfeeding in the Orphanage Village, East Siantar District, Pematangsiantar City in 2016.

## **METHODS**

### **Types of research**

This type of research is descriptive which aims to determine the factors that influence mothers who have babies in exclusive breastfeeding in the Orphanage Village, East Siantar District, Pematangsiantar City in 2016.

### **Location and Time of Research**

#### **Research sites**

The research location was carried out in the Orphanage Village, Siantar Timur District, Pematangsiantar City

#### **Research time**

The research schedule was carried out July-September 2016.

### **Data analysis**

Data analysis was carried out in stages which included univariate, bivariate,

#### **1. Univariate analysis**

Univariate analysis was performed to get an overview of each dependent variable and independent variable. The data will be presented in the form of a frequency distribution.

## 2. Bivaria analysis

Bivariate analysis is to determine whether there is a relationship between the independent variables (categorical) and the independent variables (categorical) by using the Kai Square Test or Chi Square.

To determine the significance of the results of statistical calculations, a significance limit of 0.05 was used. Thus if the p value  $< 0.05$  then the calculation results are statistically significant and if  $p > 0.05$  then the results of the statistical calculations are not significant.

## RESULTS AND DISCUSSION

### Contents Results and Discussion

#### **Distribution of Having Babies Frequency of Factors Affecting Mothers Who Give Exclusive Breastfeeding in the Orphanage Village, Siantar Timur District, Pematangsiantar City in 2016 Based on Education.**

Data obtained from the majority of respondents had high school education, namely 66 people (39.8%), while the minority had elementary school education, namely 25 people (15.1%)

The mother's education level is actually not the only factor that reduces the mother's ability to breastfeed and prepare nutritious dishes. Children of mothers who have a higher educational background will have the opportunity to live and grow better. Their openness to accept changes or new things makes more use of ratios on emotions such as mothers who have low education or those who are not educated (BKKBN, 2008). So that these mothers do not necessarily give exclusive breastfeeding to their babies. This is supported by the results of qualitative research which states that almost all mothers have never received counseling or training on exclusive breastfeeding. At the time of posyandu, counseling cannot be carried out due to limited facilities and infrastructure. Respondents who received education up to high school level were the most. Although most of the respondents had high school education, their education was not focused on breastfeeding and breastfeeding

#### **Frequency Distribution of Factors Affecting Mothers Who Have Babies in Exclusive Breastfeeding in Asuhan Village, Siantar Pematangsiantar District in 2016 Based on Occupation in East Kota**

Data obtained from the majority of respondents had jobs as private employees, namely 49 people (29.5%) while the minority had jobs as housewives, namely 49 people (29.5%)

The work environment can make a person gain experience and knowledge either directly or indirectly. Economic pressure causes many mothers to work outside the home, so exclusive breastfeeding is often neglected, even though work 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 US Giving! Exclusively in the Siantar Timur District Orphanage Village, Pematangsiantar City in 2016.**

The data obtained from the majority of respondents had good knowledge, namely 95 people (57.2%), while the minority had less knowledge, namely 71 people (42.8%)

Communication about exclusive breastfeeding and MP-ASI from the puskesmas to the community, especially breastfeeding mothers, has been intensively carried out. This is done through counseling at posyandu as well as counseling or visits to puskesmas and to midwives in private practice. This counseling is carried out for pregnant women who have ANC (antenatal care) to the puskesmas or private practice midwives. In addition, counseling about exclusive breastfeeding has also been through mass media such as television and radio.

Mother's knowledge will increase thanks to education which will ultimately have an impact on improving nutrition and public health. Increased education, knowledge and public health will increase productivity and quality of work and welfare of the population (BKKBN, 2008)

### **Frequency Distribution of Factors Affecting Mothers Who Have Babies in Kelurahan in Giving Exclusive Breastfeeding at Siantar Timur Sub-District, Pematangsiantar City in 2016 Based on Attitudes**

Obtained data from the majority of respondents had an attitude of agreement, namely 117 people (70.5%), while the minority had less knowledge, namely 71 people (29.5%)

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.

### **Contents of Discussion Results**

This section contains the main sub-discussions written in Times New Roman 12 font. The sub-discussions are written systematically. It is hoped that the numbering in the sub-discussion should not be written too much.

## CLOSING

### Conclusion

1. The majority have high school education, namely 66 people (39.8%), while the minority have elementary education, namely 25 people (15.1%)
2. The majority have jobs as private employees, namely 49 people (29.5%), while the minority have jobs as housewives, namely 49 people (29.5%)
3. The majority have good knowledge, namely 95 people (57.2%), while the minority have less knowledge, namely 71 people (42.8%).
4. The majority have an attitude of agreement, namely 117 people (70.5%), while the minority has less knowledge, namely 71 people (29.5%)

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