

Factors Related to Exclusive Breastfeeding Behavior for Toddlers

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Abstract

Introduction: Breast milk is one of the best investments to meet nutritional needs and optimize children's survival in the first two years. Various studies have proven the influence of breast milk. Breastfeeding also affects the level of intelligence and provides protection against various diseases in the future, such as overweight and diabetes. The coverage of exclusive breastfeeding in the Bina Sejahtera VII Panunggangan Integrated Healthcare Center work area is only 47%. The coverage value is not in accordance with the target standard of the Indonesian Ministry of Health, which is 80%. **Objective:** Knowing the factors related to exclusive breastfeeding behavior for toddlers in the work area of Integrated Healthcare Center Bina Sejahtera VII Panunggangan Pinang Tangerang City in 2023. **Method:** The type of research is quantitative research with a cross-sectional research design. **Result and Discussion:** There is a relationship between education ($p\text{-value} = 0.031$), with exclusive breastfeeding behavior and there is no relationship between attitude ($p\text{-value} = 0.436$) and husband support ($p\text{-value} = 0.979$) with exclusive breastfeeding behavior for toddlers in the Bina Sejahtera VII Panunggangan Pinang Integrated Healthcare Center working area in Tangerang City in 2023. **Conclusion:** It is expected that counseling and coaching programs are carried out regularly and optimally not only for mothers but also for couples (husbands) to support the achievement of exclusive breastfeeding targets.

Keywords: Behavior; Exclusive Breastfeeding; Education; Attitude; Husband Support;

Introduction

Breast milk is one of the best investments to meet nutritional needs and optimize children's survival in the first two years. Various studies have proven the influence of breast milk. Children who are breastfed with a long duration tend to have a higher level of health compared to those who are not breastfed or breastfed with a short duration. Breastfeeding also affects the level of intelligence and provides protection against various diseases in the future, such as *overweight* dan diabetes (Victora et al., 2016).

Breast-feeding. The recommendation for breastfeeding starts from birth to six months of age, then it is recommended to continue until the child is two years old with appropriate supplementary feeding. The percentage of infants less than six months old who are exclusively breastfed is also one of the target indicators which is a specific intervention in efforts to reduce stunting. In the Presidential Regulation of the Republic of Indonesia Number 72 of 2021 concerning the Acceleration of Stunting Reduction, it is stated that in order to accelerate stunting reduction, the achievement of the exclusive breastfeeding indicator target in 2024 is 80 percent (BPS, 2022)

According to Susenas data from March 2020-2022, the percentage of exclusive breastfeeding for infants 0-5 months in Banten Province in 2022 was 71.7%, a slight increase compared to the percentage of exclusive breastfeeding in 2021 which was 71.17% and in 2020 which was 68.84% (BPS, 2022). The highest percentage of exclusive breastfeeding in 2020 was Lebak Regency at 69.97%, followed by Pandeglang Regency at 62.5%, and Serang Regency at 61.2%. The regency or city with the lowest percentage of exclusive breastfeeding is Serang City at 41.13%, followed by Tangerang Regency at 51.3%, and Tangerang City at 54.9% (Banten Province Health Profile, 2022).

The coverage of exclusive breastfeeding at Integrated Healthcare Center Bina Sejahtera VII resulted in 45% of mothers providing exclusive breastfeeding. This is still very far from the target of exclusive breastfeeding at Integrated Healthcare Center Bina Sejahtera VII Panunggangan Pinang in 2022, which is >60%. The percentage of coverage is still not in accordance with the predetermined target from WHO of 70% and the Indonesian Ministry of Health standard of 80%. The low coverage of exclusive breastfeeding caused impacts such as diarrheal diseases in toddlers in July 2022 as much as 17% and there were 10 toddlers who were undernourished.

Based on the above problems, the researcher wants to conduct a study on "Factors Associated with Exclusive Breastfeeding Behavior for Toddlers in the Working Area of Integrated Healthcare Center Bina Sejahtera VII Panunggangan Pinang Tangerang City in 2023".

Method

This study used a type of quantitative research with a *cross-sectional research design*. In this research parameter, data collection was carried out through primary data collection. The population and sample in this study were mothers who had toddlers in the working area of Integrated Healthcare Center Bina Sejahtera VII Panunggangan Kota Tangerang. The sampling technique in this study is total sampling, where the sample in

this study is the entire population. The sample in this study was 95 mothers of toddlers. Data analysis in this study used univariate and bivariate analysis. This validity test was carried out in the working area of Integrated Healthcare Center Bina Sejahtera VIII Panunggangan by distributing questionnaires to 20 mothers of toddlers.

The results of the validity test showed that from the attitude variables there were 15 valid statements, and the husband support variables were all valid with r values calculated $> r$ table (0.444). Based on the results of reliability tests conducted for variables of maternal attitude and husband support, *Cronbach alpha* values (0.913) and (0.935) were obtained. The value above is a value greater than 0.6, so the questions and statements in the questionnaire variables knowledge, maternal attitude and husband support are declared reliable. The normality test can be said to be normal *if the sig value (p-value) > 0.05, but it will be said that the data is not normally distributed if the sig (p-value) < 0.05*.

If the data is normally distributed, then it is recommended to mean and standard deviation as a pair of disconnection and scattering measures. If the data is abnormally distributed, then it is recommended to use the median and minimum or maximum values as a pair, the measure of disconnection and spread.

Results and Discussion

Result

A. Univariat Analysis

Table 1

Frequency Distribution of Exclusive Breastfeeding Behavior, Parity, Education, Work, Maternal Knowledge, Mother's Attitude and Husband's Support to Mothers Under Five in the Working Area of Integrated Healthcare Center Bina Sejahtera VII Panunggangan Pinang Tangerang City in 2023

Variable		Total (n)	Percentage (%)
Exclusive Breastfeeding Behavior	Not Exclusive Breastfeeding	68	71,6%
	Exclusive breastfeeding	27	28,4%
Education	Primary Education	43	45,3%
	Further Education	52	54,7%
Mother's Attitude	Not Good	51	53,7%
	Good	44	46,3%
Husband Support	Not Good	48	50,5%
	Good	47	49,5%

Table 1, the results of a study of 95 mothers under five, the highest proportion of exclusive breastfeeding behavior variables were 68 mothers (71.6%). The highest proportion of education variables were mothers under five with further education as many as 52 mothers (54.7%). The highest proportion of maternal attitude variables were mothers with unfavorable attitudes as many as 51 mothers (53.7%). The highest proportion of variable husband support was mothers with poor husband support as many as 48 mothers (50.5%).

B. Bivariat Analysis

Table 2

Bivariate Analysis of Factors Associated with Exclusive Breastfeeding Behavior for Mothers Under Five in the Working Area of Integrated Healthcare Center Bina Sejahtera VII Panunggan Pinang Tangerang City in 2023

	Exclusive Breastfeeding Behavior				Total		<i>p-value</i>	PR 95% CI
	Bad		Good		N	%		
	N	%	N	%				
Education								
Primary Education	36	83,7	7	16,3	43	100,0	0,031	1,360 (1,057-1,751)
Further Education	32	61,5	20	38,5	52	100,0		
Mother's Attitude								
Not Good	34	66,7	17	33,3	51	100,0	0,360	0,863 (0,671-1,110)
Good	34	77,3	10	22,7	44	100,0		
Husband Support								
Not Good	34	70,8	14	29,2	48	100,0	1,000	0,979 (0,760-1,262)
Good	34	72,3	13	27,7	47	100,0		

Based on Table 2, the results of the statistical test of the parity variable conducted with *Continuity Correction*, showed a relationship between education and exclusive breastfeeding behavior, obtained a *p-value* ($0.031 < 0.05$) and a PR value of 1.360 This means that mothers who have primary education are 1,360 times more likely not to exclusively breastfeed compared to mothers who have further education.

There was no relationship between maternal attitudes and exclusive breastfeeding behavior with *p-value* ($0.360 > 0.05$) and PR value of 0.863. This means that mothers who have a bad attitude are 1,158 times more likely not to provide exclusive breastfeeding compared to mothers who have a good attitude.

There was no relationship between husband support for mothers under five with exclusive breastfeeding behavior with a *p-value* ($1,000 > 0.05$) and a PR value of 0.979. This means that mothers who have poor husband support have a 1,021 times greater risk of not providing exclusive breastfeeding compared to mothers who have good husband support

Discussion

A. Univariat Analysis

Based on Table 1, most mothers under five in the working area of Integrated Healthcare Center Bina Sejahtera VII Panunggan Pinang Tangerang City In 2023, the highest proportion of exclusive breastfeeding behavior is mothers who are not exclusively breastfed at 68 mothers (71.6%), while the lowest proportion are mothers who provide exclusive breastfeeding at 27 mothers (28.4%). Based on the results of research, many mothers do not provide exclusive breastfeeding because mothers do not understand what is meant by exclusive breastfeeding itself. The results of the questionnaire showed that mothers gave foods other than breast milk such as formula milk, tea, coffee, bananas,

porridge, water and honey in the age range of 0-5 months. This is influenced by the culture that is still inherent in society such as giving coffee so that children do not have seizures. The assumption that babies aged 4 months are ready to receive foods other than breast milk makes mothers and families of toddler mothers provide additional foods other than breast milk. From the results of interviews, it is known that many mothers of toddlers who give formula milk because breast milk does not come out at the beginning of birth, where most of these toddler mothers give birth by *cesarean delivery*.

Researchers also observed that many toddlers were malnourished and most were toddlers who did not receive exclusive breastfeeding. This is strengthened by the existence of a nutrition post held by the Panunggan Health Center with the Bina Sejahtera VII Integrated Healthcare Center to deal with these malnourished toddlers. Integrated Healthcare Center Bina Sejahtera VII already has a counseling and counseling program related to exclusive breastfeeding, but this program has not run optimally and consistently. In the past year, this program has only been implemented once with a minimal number of participants. This exclusive breastfeeding counseling is expected to run more routinely and not only for mothers who have toddlers but also for pregnant women in the work area of Integrated Healthcare Center Bina Sejahtera VII Panunggan, so that pregnant women have the knowledge and readiness to be able to provide exclusive breastfeeding.

In the education variable, the highest proportion were mothers who had further education at 52 mothers (54.7%), while the lowest proportion were mothers who had basic education at 43 mothers (45.3%). The results showed that more mothers had further education because the research location was in the middle of the city and the education center was easily accessible. The interview results showed that most of the last education taken by toddler mothers was high school which was included in the category of further education.

In the maternal attitude variable, the highest proportion was mothers who had unfavorable attitudes by 51 mothers (53.7%), while the lowest proportion were mothers who had good attitudes by 44 mothers (46.3%). The results showed that mothers with less good attitudes outnumbered good attitudes, this was shown by statements on the attitude variable questionnaire related to formula feeding statements were not recommended if not a doctor's recommendation, there were 20 mothers (21.1%) who disagreed. The response to this attitude does not fit with the theory that newborns up to 5 months are only breastfed and should not be given additional food including formula if it is not a doctor's recommendation. The results of the questionnaire showed that 21 mothers stated that when they were sick they could not exclusively breastfeed.

In the variable husband support, the highest proportion was mothers who had poor husband support at 48 mothers (50.5%), while the lowest proportion were mothers who had good husband support at 47 mothers (49.5%). The results showed that mothers who had less good husband support were more because their husbands did not understand the importance of exclusive breastfeeding for newborns up to 5 months and 29 days. It can be seen from the questionnaire answers that showed that the husband never bought a

breast milk booster (33.7%) and reminded him to have a lactation massage (30.5%) to support the smooth production of breast milk. The results of interviews with mothers of toddlers stated that husbands never sought help finding information related to exclusive breastfeeding and the benefits of exclusive breastfeeding.

B. Bivariat Analysis

The Relationship Between Education and Exclusive Breastfeeding Behavior for Toddlers in the Working Area of Integrated Healthcare Center Bina Sejahtera VII Panunggan Pinang Tangerang City in 2023

Based on the results of the study, it was found that in mothers who had basic education, the highest proportion was not giving exclusive breastfeeding as many as 36 mothers (83.7%), while in mothers who had further education, the highest proportion was not providing exclusive breastfeeding as many as 32 mothers (61.5%). After statistical tests, there is a relationship between education and exclusive breastfeeding behavior. In the educational variable, a value is obtained *Prevenance Rosio* (PR) is 1,360, this indicates that mothers who have primary education are 1,360 times more likely not to exclusively breastfeed compared to mothers who have further education. This is in line with the research conducted (Rakhmawati & Utami, 2020), that there is a relationship between education and exclusive breastfeeding behavior. In this study, it was found that there was a relationship between education and exclusive breastfeeding behavior, because some mothers took basic education as many as 36 mothers (83.7%).

Education greatly influences the knowledge and experience of mothers to be able to provide exclusive breastfeeding. Mothers with basic education do not get much information and knowledge so do things that make mothers not give exclusive breastfeeding, for example giving bananas before 6 months. The influence of family habits also makes mothers give food or drinks other than breast milk at the age of 0 to 5 months such as giving coffee so as not to have seizures.

The results of this study are in line with the theory that mothers with basic education are limited in information and knowledge. Researchers suggest holding regular counseling programs at Integrated Healthcare Center considering the low knowledge of mothers under five in the working area of Integrated Healthcare Center Bina Sejahtera VII Panunggan. This is expected to be able to add information for mothers and expectant mothers to be ready to provide exclusive breastfeeding.

The Relationship Between Mother's Attitude and Exclusive Breastfeeding Behavior for Toddlers in the Working Area of Integrated Healthcare Center Bina Sejahtera VII Panunggan Pinang Tangerang City in 2023

Based on the results of the study, it was found that the highest proportion of mothers did not provide exclusive breastfeeding as many as 34 mothers (66.7%), while in good maternal attitudes, the highest proportion was not providing exclusive breastfeeding as many as 34 mothers (77.3%). After statistical tests, there was no relationship between maternal attitudes and exclusive breastfeeding.

On the variable of maternal attitude *Prevenance Rosio* (PR) is 0.863, indicating that poor mothers are 1.158 times more likely not to exclusively breastfeed compared to good mothers. This is in line with the research conducted (Maryanih, Maryati, & Chotimah, 2021), that there is no relationship between maternal attitudes and exclusive breastfeeding behavior.

In this study, it was found that there was no relationship between maternal attitudes and exclusive breastfeeding behavior. The results showed that mothers with more good attitudes did not provide exclusive breastfeeding. The results of the questionnaire showed that most mothers did not feel burdened to give exclusive breastfeeding to babies until the age of 6 months, mothers agreed that breast milk is the best nutrition for babies, and mothers agreed that breast milk can increase the baby's immune system.

However, based on in-depth interviews, it is known that mothers have given breast milk but there are families who provide additional food for their babies, for example when the baby is deposited at his grandmother or grandfather, the baby is given coffee or tea. When the mother rests and the baby cries, the husband immediately makes formula milk and gives it to the baby.

The Relationship Between Husband Support and Exclusive Breastfeeding Behavior for Toddlers in the Working Area of Integrated Healthcare Center Bina Sejahtera VII Panunggan Pinang Tangerang City in 2023

Based on the results of the study, it was found that the highest proportion of husband support for poor mothers was not providing exclusive breastfeeding as many as 34 mothers (70.8%), while husband support for good mothers the highest proportion was not providing exclusive breastfeeding as many as 34 mothers (72.3%).

After statistical tests, there was no relationship between husband support for mothers under five and exclusive breastfeeding. In the variable husband *support Prevenance Ratio* (PR) is 0.979, this shows that poor husband support is 1.021 times at risk of not providing exclusive breastfeeding compared to mothers who have good husband support.

In this study, it was found that there was no relationship between husband support and exclusive breastfeeding behavior. The results showed the husband's support for the mother of the toddler to provide exclusive breastfeeding is good. The results of the questionnaire stated that most husbands understand the condition at the beginning of breastfeeding mothers breast milk that comes out a little, husbands always accompany for consultations to health services, husbands help take over caring for babies when mothers rest, and husbands motivate mothers to continue to want to provide exclusive breastfeeding.

The results of in-depth interviews with several mothers who have good husband support but do not provide exclusive breastfeeding found that husbands do not know that exclusive breastfeeding only provides breast milk without additional food. So the husband does not realize that helping to provide formula milk just in case the milk does not come out it provides an opportunity for the mother not to give exclusive breastfeeding.

According to the mothers of toddlers studied, husbands do not understand the importance of lactation massage to increase milk production. This limited information and knowledge of husbands can be an opportunity for Integrated Healthcare Center to hold counseling not only for blita mothers and mothers-to-be but for fathers and fathers-to-be. The hope is that with the same information and understanding between mothers and fathers can help increase the chances of mothers providing exclusive breastfeeding.

Conclusion

Based on the results of research conducted on factors related to exclusive breastfeeding behavior for toddlers in the work area of Integrated Healthcare Center Bina Sejahtera VII Panunggan Pinang Tangerang City in 2023, it shows that 68 mothers who are not exclusively breastfed (71.6%). Mothers with multiparous as many as 69 mothers (72.6%).

Mothers under five with further education were 52 mothers (54.7%). Mothers with unfavorable attitudes were 51 mothers (53.7%). Mothers with poor husband support were 48 mothers (50.5%). While the results of the discussion concluded that there is a significant relationship between education and the behavior of exclusive breastfeeding with $p \text{ value} = 0.031$.

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