

## The Success of Bounding Attachment Through The Process of Early Breastfeeding Initiation at Puskesmas Tawiri in 2022

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### ABSTRACT

Health workers are obliged to carry out Early Breastfeeding Initiation of newborn babies to their mothers for at least 1 hour, if there are no medical contraindications. By doing Early Breastfeeding Initiation the inner bond between mother and baby will be closer, doing Early Breastfeeding Initiation also makes the baby have antibodies faster so as to prevent infectious deaths in babies. There are obstacles in doing bounding attachment, namely the lack of family support in providing peace between mother and baby, mothers who experience illness, babies who experience premature, sick babies, and physical defects so that after birth cannot be done Early Breastfeeding Initiation and the presence of unwanted presence. The purpose of this study was to determine the success of Bounding Attachment through the Early Breastfeeding Initiation Process at Tawiri Health Center. This study is an analytic survey with a retrospective cross-sectional design or design. The research was conducted at the Tawiri Health Center in October to December 2022. The sample in this study were 60 mothers who gave birth at the Tarwiri Health Center. The sampling technique used by non probability sampling with purposive sampling method. Bivariate analysis using SPSS chy - square test. The results of the study there is a relationship through the process of initiation of early breastfeeding by skin contact, work, economy, labor process and family and husband support with the success of Bounding Attachment at the Tawiri Health Center in 2022. And it is recommended to the health center to be able to carry out Early Breastfeeding Initiation for laboring mothers who have no indication during the delivery process so that bounding attachment is established.

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### 1. INTRODUCTION

Early initiation of breastfeeding is an action taken by placing the newborn in a prone position after drying his body but not yet cleaned, and ensuring that the baby gets skin contact with his mother, finds the nipple and gets colostrum or breast milk that first comes out. The Early Breastfeeding Initiation is done where the baby will look for the mother's nipple through the smell of amniotic aroma [1]

Efforts to initiate early breastfeeding after the baby is born are carried out right after delivery until one hour after delivery. can provide warmth between the mother and her baby because of skin-to-skin contact with the mother so that the baby's body temperature is warmer and more stable. This can make a relationship between mother and baby become close and there is a feeling of pleasure and maternal affection for her baby with direct contact between mother and baby which is often called bounding attachment. [2]

The previous researchers conducted research on the difference between being given early breastfeeding initiation and not being given early breastfeeding initiation associated with bounding attachment, the results of which were obtained. There were differences in postpartum mothers who were given Early Breastfeeding Initiation and not given Early Breastfeeding Initiation because mothers who give early breastfeeding initiation will have skin to skin contact between mother and baby so that the baby will feel warm, the mother will also make eye contact with the baby, then the

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mother and baby will have an emotional bond that will lead to positive interactions in bounding attachment. Whereas mothers who do not provide early breastfeeding initiation will not occur these processes. [3]

The Minister of Health Regulation Permenkes 15/2014 article 2 states that health workers are obliged to carry out Early Breastfeeding Initiation of newborns to their mothers for a minimum of 1 hour, if there are no medical contraindications. By doing Early Breastfeeding Initiation the inner bond between mother and baby will be closer, doing Early Breastfeeding Initiation also makes the baby have antibodies faster so as to prevent infectious deaths in infants. In addition, health workers or midwives are encouraged not to separate babies and mothers.

The regulation of the Minister of Health is hampered by several things that occur as obstacles in carrying out bounding attachman, namely the lack of family support in providing peace between mother and baby, mothers who experience illness, babies who experience premature, sick babies, and physical defects so that after birth cannot be done Early Breastfeeding Initiation and there is an unwanted presence [2]

At the Tawiri health center, there were 35 birth mothers in November and when conducting an initial survey of birth mothers who were carried out by initiating early breastfeeding with babies who were not initiated early breastfeeding there was a difference in the mother's feelings towards her baby. The monitoring is seen from 2 patients after the newborn with 2 newborns not done Early Breastfeeding Initiation but those who are not in Early Breastfeeding Initiation are more visible there is a sense of anxiety about the state of the baby whether it is fine, unlike the case with mothers who are done Early Breastfeeding Initiation there is a feeling of pleasure and calm direct contact with the baby so that the mother can see directly the condition of the baby in a healthy state. Therefore, researchers are interested in conducting this research, namely the Success of Bounding Attachment Through the Process of Early Breastfeeding Initiation by Skin Contact between Mother and Baby at the Tawiri Health Center in 2022.

## 2. METHOD

This research method is an analytic survey with a retrospective cross sectional design or design. The research was conducted at the Tawiri Health Center in October to December 2022. The population of this study were all mothers who gave birth at Tawiri Health Center in October and November with a total of 150 people. To measure the sample size to be studied, the researcher used the Slovin formula with 60 mothers who gave birth at the Tarwiri Health Center. The sampling technique used by non probability sampling with purposive sampling method. In this study, the instrument used in the form of a questionnaire sheet used by researchers in collecting data on the characteristics of respondents consisting of repsonden biodata and statement sheets about the success of bounding attachment using data and using secondary data by knowing the data of respondents who gave birth at the Tawiri Health Center. Data analysis in the form of univariate analysis using the frequency distribution formula, namely the variable characteristics of respondents using percentages. bivariate analysis using SPSS chy - square test to determine differences in the proportion / percentage of two or more sample groups or analysis of the relationship between categorical and categorical variables with the conditions of categorical independent and categorical dependent tests.

## 3. RESULTS AND DISCUSSION

### Univariate Analysis

Table 1. Success of Bounding Attachment Through the Process of Early Breastfeeding Initiation by Maternal Skin Contact, maternal employment, maternal economy, labor process, family and husband support at Tawiri Health Center in 2022 (N=60)

Respondent's Characteristics	F	%
<b>the success of bounding attachment</b>		
Success	29	48,3%
No Success	31	51,7 %

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Respondent's Characteristics	F	%
<b>The process of skin-to-skin initiation of breastfeeding</b>		
Conducted	34	56,7 %
Not Conducted	26	43,3%
<b>Occupation</b>		
Not Working	43	71,7 %
Work	17	28,3 %
<b>Economy</b>		
High income	0	0,0 %
Moderate income	34	56,7%
Low income	26	43,3%
<b>Labor Process</b>		
Normal	33	55,0 %
Sectio caesarea	27	45,0 %
<b>Family and Husband Support</b>		
There is support	36	60%
No support	24	40%

Based on the data in Table 1, it can be seen from the frequency distribution of the success of bounding attachment based on the success of bounding attachment, the majority of the success is no success amounting to 31 (51.7%), the process of initiation of early breastfeeding by mother's skin contact, the majority of early breastfeeding initiation is carried out by 34 (56.7%), the majority of occupation is not working as much as 43 (71.7%), the majority of the economy is Moderate income as much as 34 (56.7%), the majority of normal labor process is 33 (55.0%) and family and husband support, the majority of support is 36 (60%).

### Bivariate Analysis

Table 2. Relationship between the Success of Bounding Attachment and the Process of Early Breastfeeding Initiation at Tawiri Health Center in 2022

Early Breastfeeding Initiation	The Success of Bounding Attachment				Total		Asymp.sign (2 – sided)
	Success		Not Success				
	f	%	f	%	f	%	
Conducted	29	48,3%	5	8,3%	34	56,7%	<b>0,000</b>
Not Conducted	0	0,0 %	26	43,3%	26	43,3%	
<b>Total</b>	<b>29</b>	<b>48,3%</b>	<b>31</b>	<b>51,7%</b>	<b>60</b>	<b>100%</b>	

The results of the analysis of the relationship through the process of initiation of early breastfeeding by skin contact with the success of Bounding Attachmant showed an Asymp.sign value of 0.000, because the p-value of 0.000 < 0.05, it can be concluded that there is a relationship through the process of initiation of early breastfeeding by skin contact with the success of Bounding Attachmant at the Tawiri Health Center in 2022.

Table 3. The Relationship of Successful Bounding Attachment with Maternal Employment at Tawiri Health Center in 2022

Occupation	The Success of Bounding Attachment				Total		Asymp.sign (2 – sided)
	Success		Not Success				
	f	%	f	%	f	%	
No Work	29	48,3%	5	8,3%	34	56,7%	<b>0,000</b>
Working	0	0,0 %	26	43,3%	26	43,3%	
<b>Total</b>	<b>29</b>	<b>48,3%</b>	<b>31</b>	<b>51,7%</b>	<b>60</b>	<b>100%</b>	

The results of the analysis of the relationship between work and the success of bounding attachment through the process of early breastfeeding initiation at Puskesmas Tawiri in 2022. *Mauren Pelamonia, et.al*

attachmant showed an Asymp.sign value of 0.000, because the p-value of 0.000 <0.05, it can be concluded that there is a relationship between work and the success of Bounding Attachmant at Tawiri Health Center in 2022.

Table 4. Relationship between Bounding Attachment Success and Mother's Economy at Tawiri Health Center in 2022

Economy	The Success of Bounding Attachment						Asymp.sign (2 – sided)
	Success		Not Success		Total		
	f	%	f	%	f	%	
Adequate	26	43,3%	17	28,3%	43	71,7%	0,003
Poor	3	5,0 %	14	23,3%	17	28,3%	
<b>Total</b>	<b>29</b>	<b>48,3%</b>	<b>31</b>	<b>51,7%</b>	<b>60</b>	<b>100%</b>	

The results of the analysis of the relationship between the economy and the success of bounding attachmant showed an Asymp.sign value of 0.003, because the p-value of 0.003 <0.05, it can be concluded that there is an economic relationship with the success of Bounding Attachment at Tawiri Health Center in 2022.

Table 5. The Relationship of Successful Bounding Attachment with the Delivery Process at Tawiri Health Center in 2022

Labor Process	The Success of Bounding Attachment						Asymp.sign (2 – sided)
	Success		Not Success		Total		
	f	%	f	%	f	%	
Normal	28	46,7%	5	8,3%	33	55,0%	0,000
Sectio caesarea	1	1,7%	26	43,3%	27	45,0 %	
<b>Total</b>	<b>29</b>	<b>48,3%</b>	<b>31</b>	<b>51,7%</b>	<b>60</b>	<b>100%</b>	

The results of the analysis of the relationship between the labor process and the success of bounding attachmant showed an Asymp.sign value of 0.000, because the p-value of 0.000 <0.05, it can be concluded that there is a relationship between the labor process and the success of Bounding Attachmant at Tawiri Health Center in 2022.

Table 6. Relationship between the Success of Bounding Attachment with Family and Husband Support at Tawiri Health Center in 2022

Family and Husband Support	The Success of Bounding Attachment						Asymp.sign (2 – sided)
	Success		Not Success		Total		
	f	%	f	%	f	%	
There is Support	27	45,0%	9	15,0 %	36	60,0%	0,000
No support	2	3,3%	22	36,7%	24	40,0%	
<b>Total</b>	<b>29</b>	<b>48,3%</b>	<b>31</b>	<b>51,7%</b>	<b>60</b>	<b>100%</b>	

The results of the analysis of the relationship between family and husband support with the success of bounding attachmant showed an Asymp.sign value of 0.000, because the p-value of 0.000 <0.05, it can be concluded that there is a relationship between family support and the success of Bounding Attachmant at Tawiri Health Center in 2022.

### The Relationship of Successful Bounding Attachment with the Early Breastfeeding Initiation Process at the Tawiri Health Center in 2022.

In the results of the study by knowing the relationship between the success of bounding attachment with the Early Breastfeeding Initiation process, the results of the analysis showed an Asymp.sign value of 0.000, because the p-value of 0.000 <0.05, it can be concluded that there is a relationship through the Early Breastfeeding Initiation Process by Skin Contact with the Success of Bounding Attachment at the Tawiri Health Center in 2022.

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The results of this study are in line with previous research by Nurhidayati, N., & . M. (2018) which states that there is a relationship between early breastfeeding initiation and the success of bonding attachment. According to his opinion, which explains that the bond of affection between mother and child is very important, the absence of a bond of affection between mother and child or bonding attachment between mother and baby causes a lack of brain development process of the baby because it is not given a positive stimulus by the mother. In addition, there is also a bond between mother and child because Early Breastfeeding Initiation mothers will immediately be close to their babies as soon as the baby is born, the baby who is on the mother's chest can be warmly embraced by the mother. Likewise, the baby will immediately interact with the mother and get to know the mother. This process will increase the bonding attachment between mother and baby, thus establishing a positive bonding attachment relationship. [2]

In addition, there are also those who agree with the results of this study which explain the initiation of early breastfeeding, namely according to Fauziah Nasution (2020) who explains theoretically, the newborn's sense of smell will function for the first time with the stimulus of a "distinctive odor". The mother's breast secretes breast milk and colostrum glands with a distinctive odor that will lure the baby closer to the mother's breast, this is in line with the amniotic fluid in the baby's body which produces a distinctive odor that is identical to the distinctive odor produced by the breast glands (the baby's body is not cleaned but only dried). as for his opinion, the advantages of doing Early Breastfeeding Initiation are direct skin contact between baby and mother (skin to skin contact) in the first hour after birth that can strengthen the inner bond between mother and baby. During the Early Breastfeeding Initiation process, the mother will feel comfortable (relaxed) when she sees her newborn baby suckling on her so that the mother's body will produce the hormone oxytocin which acts as the mother's letdown reflex, besides the auditory stimulation that the mother immediately provides can have a positive effect on the baby's social emotional development at a later age. [4]

Research conducted by Lamtumiari, (2020) found that a good breastfeeding process early on (early initiation of breastfeeding) will strengthen the bond between mother and baby (bonding attachment) which is important for emotional development and self-confidence in the future. Based on labor data at the Bina Sehat Pratama Public Clinic in January, approximately 30 women gave birth. Given the high number of deliveries at the clinic, the role of midwives as health workers is needed in implementing early breastfeeding initiation to form attachment between mother and baby (bonding attachment). [5]

Based on the theory of previous research, the researcher argues that to establish an affectionate relationship between the mother and her baby, it is very necessary to do so when the mother gives birth by initiating early breastfeeding. This is because if there is a bonding attachment, it will affect the mother's psiikis, improve the mother's health so that with the mother having physical and psychological health, the mother can be closer to her baby. This is reinforced by the theory according to Fauziah Nasution (2020) which states that Early Breastfeeding Initiation is not only beneficial in improving psychological health and establishing an inner bond between mother and child, but more than that. By doing Early Breastfeeding Initiation which is indeed a key and big step towards health, Early Breastfeeding Initiation has benefits in improving physical health. A small example of the impact caused if you do not do the Early Breastfeeding Initiation process besides there is no inner bond between mother and baby is the immunological power of the baby is reduced, the baby's motor skills when breastfeeding are not trained and cannot develop nerves in the baby. Therefore, the researcher can conclude that it is necessary to convey to health workers, especially midwives, to be able to apply Early Breastfeeding Initiation actions on maternity mothers in realizing bonding attachment. [4]

### **The Relationship of Bonding Attachment Success with Work at Tawiri Health Center in 2022**

This study shows the results of the analysis of the relationship between work and the success of bonding attachment, it can be seen that the Asymp.sign value is 0.000, because the p-value of 0.000 <0.05, it can be concluded that there is a relationship between work and the success of Bonding Attachment at the Tawiri Health Center in 2022.

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There is a relationship between work and the success of bonding attachment because of the establishment of bonding attachment because the mother and baby are often close together so the feeling between mother and baby is getting closer, seen from mothers who work, of course the closeness between mother and baby has limitations because mothers work. This is clarified based on this in accordance with Law No. 13 of 2013 concerning Manpower which states that female workers are entitled to 1.5 months of leave before giving birth and 1.5 months after giving birth and can get full salary.

As for the results of this study, the relationship between work and the success of bonding attachment according to Gayatri and Dasvarma (2020), in their research stated that working women tend to be less likely to practice Early Breastfeeding Initiation compared to women who do not work, working women tend to keep their bodies so that they have the assumption that breastfeeding will change body shape, besides that fathers who have jobs in non-agricultural fields are related to the practice of Early Breastfeeding Initiation, husbands with non-agricultural jobs will tend to support their wives to practice Early Breastfeeding Initiation. [6]

Based on the theory and opinions of previous research, the researcher argues that it greatly influences work with bonding attachment, this is because working mothers automatically have limited contact between the mother and her baby, which with exclusive breastfeeding is obtained by eye contact between the mother and her baby so that it can increase the mother's affection for her baby. This is supported by the opinion of . Nurhidayati & Mardianingsi. (2018) .which states Eye contact between mother and baby can also make bonding attachment between mother and baby formed. The mother's voice to her baby can form a bonding attachment. The mother's gentle voice will make the baby always pay attention to his mother. so that the solution in working mothers in their spare time outside of work tries to give the mother full time to her baby so that the mother can know the process of growth and development of her baby and the increasing affection of the mother and her baby. [2]

Based on this opinion, the researcher can conclude that working mothers can be provided with health education information about bonding attachment for working mothers by establishing closeness with mothers providing exclusive breastfeeding and besides that working mothers can provide time and closeness between mothers and babies. this is done based on this in accordance with Murtini's research which states that exclusive breastfeeding will accelerate the inner connection between mother and child, the mother will feel proud because she can breastfeed and care for her own baby and when the baby's father visits there will be a sense of family unity.

In addition, the opinion of Hidayati (2018) which explains the existence of Biorhythms Newborn babies can be said to be in line with the natural rhythm of their mothers. For this reason, one of the tasks of newborns is to form personal rhythms (biorhythms). Parents can help this biorhythm process by providing affective actions (affection) continuously by taking advantage of the time when the baby develops responsive behavior. [2]

### **The Relationship of the Success of Bounding Attachment with the Economy at the Tawiri Health Center in 2022**

The results of this study indicate the results of the analysis of the relationship between the economy and the success of bonding attachment, it can be seen that the Asymp.sign value is 0.003, because the p-value of  $0.003 < 0.05$ , it can be concluded that there is an economic relationship with the success of Bounding Attachment at Tawiri Health Center in 2022.

According to researchers, the economy is closely related to bonding attachment due to the cost of living which has an impact on stress on the mother so that stress can cause a sense of affection to become not optimal. This is supported by the opinion of Winarni, (2018) which states that socio-economic status is often associated with maternal emotional resources which can be a stressor when becoming a parent. Then the results of the study of mothers who do bonding attachment well have a 0.586 times chance of experiencing mild depression during the postpartum period, compared to mothers who are not good at bonding attachment. The better the bonding attachment is done by the mother, the lighter the stress experienced by the postpartum mother. [7]

Based on the theory and results of previous research opinions, the researcher argues that

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economic status is closely related to the success of bounding attachment so that for the realization of bounding attachment in mothers who have a low economy, namely providing education as an alternative for midwives to prepare mothers to optimize bounding attachment between mothers and babies since pregnancy, childbirth and the postpartum period, if problems occur that make mothers become depressed, the problem can be resolved quickly and appropriately.

### **The Relationship between the Success of Bounding Attachment with the Labor Process at the Tawiri Health Center in 2022**

In this study, the results of the analysis of the relationship between the labor process and the success of bounding attachment showed an Asymp.sign value of 0.000, because the p-value of 0.000 < 0.05, it can be concluded that there is a relationship between the labor process and the success of Bounding Attachment at the Tawiri Health Center in 2022.

According to a review conducted by Alzaheb (2017) in the Middle East, cesarean section was identified as a risk factor for the failure of the practice of Early Breastfeeding Initiation, most likely babies born in this way are usually immediately transferred to the nursery so that the mother can rest and recover from her operation, which means that the first breastfeeding occurs after more time has passed, and the onset of lactation can be delayed. [8] This is in line with Gayatri and Dasvarma's article (2020) that the labor process is related to the practice of Early Breastfeeding Initiation so that it can be related to the success of bounding attachment. [6]

According to the opinion of Aprillia, (2014) in Kartharina, (2016) which states that the process of childbirth is a very transformational process for a woman, when a woman changes status and role to become a mother. [9] In the opinion of Lowdermilk (2013) states that based on a positive birth and delivery experience is a good start and is the key to the future. Mothers who give birth by sectio caesarea often have difficulty making initial contact with their babies as soon as they are born. The parent's response to bounding attachment is the parent's bond with their child since the pregnancy period and increases during childbirth, the initial contact response with their baby can be done through touch, eye contact, and sound. [10]

Based on the theory and opinions of previous studies that there is a relationship between the delivery process and bounding attachment, researchers argue that with the Sectio caesarean delivery process, which is known to be unable to make early contact between the mother and the baby so that the mother and baby are separated during the mother in the process of mobilization after Sectio caesarean delivery, therefore for mothers who experience the Sectio caesarean process, it is necessary to provide support, especially family and husband in terms of the bounding attachment process. This is supported by the theory according to Lowdermilk (2013) which states that the emotional bond between post Sectio caesarea mothers and babies can be helped through support from husbands with simple things, such as finding and providing information about bounding attachment to mothers, paying attention to complaints experienced by mothers during the bounding process, providing motivation so that mothers want to bond with their babies, helping to provide a sense of comfort to mothers during the bounding process, encouraging, accompanying and helping to divert the pain that mothers experience, and giving positive comments about the mother's efforts during the mother during the bounding process. [10]

However, in the normal labor process, Early Breastfeeding Initiation can be carried out because labor is normal, this is in accordance with the opinion according to Kurniasari Pratiwi, et al (2021) which states that in normal labor every mother is expected to achieve success in implementing Early Breastfeeding Initiation in the first 1 hour of the baby's birth. However, in fact, from the results of in-depth interviews, babies who are initiated early breastfeeding < 30 minutes have not been able to find the nipple so that when the baby wants to suckle, stimulation must be given first, while babies who are initiated early breastfeeding [11]

Therefore, with the results of this study, it is hoped that midwives will be able to provide education to families and husbands in terms of providing motivation and support to mothers in the process of bounding attachment to their babies, so that this process can reduce the level of maternal stress that can interfere with the closeness between mothers and their children, especially in post-Sectio caesarean mothers.

## **The Relationship of Successful Bounding Attachment with Family and Husband at Tawiri Health Center in 2022**

The results of this study show the results of the analysis of the relationship between family and husband support with the success of bounding attachments, it can be seen that the Asymp.sign value is 0.000, because the p-value is  $0.000 < 0.05$ , it can be concluded that there is a relationship between family support and the success of Bounding Attachments at the Tawiri Health Center in 2022.

The results of this study are in line with previous research by Lastri Mei Winarni, (2020) which states that there is a relationship between husband's support and the psychological condition of postpartum mothers, this is in his opinion in general, mothers after giving birth really need a lot of help from the closest people in carrying out their new role to care for the newborn baby, which during the process after childbirth requires adequate rest so that there is no stress that disturbs the bounding attachment between the mother and her baby. [12]

The results of this study are in line with the opinion according to Pratiwi, K, et al (2021) which states that from the aspects assessed it is said to have positive interactions in this bounding attachment so that it is created because it is influenced by several factors, namely the support of husbands, family and health workers, the mother's skills in trying to talk to her baby, a sense of pleasure in the presence of her baby and the gender match of her baby. Conditions that affect bonding include: emotional health of parents, level of ability, communication and skills to care for children social support such as family, friends and partners, closeness of parents and children, compatibility between parents and children (state of the child, gender). In addition, health workers have an important role where the task of the health workers themselves as facilitators and provide emotional support to mothers so that mothers are more confident in caring for their own babies so as to create positive interactions in bounding attachment. In addition to health workers, husband and family support also influence the formation of bounding attachment. [11]

Based on the theory and opinions of previous studies that state the relationship between family or husband support in the success of bounding attachment, researchers argue that family support can reduce the stress of postpartum women so that the process of bounding attachment will be successful if postpartum women experience comfort so that the hormone oxytocin will increase, with the increase in the mind calming hormone will be able to help mothers calm down in dealing with their babies as a mother's role so that the role of the mother with her baby will experience the success of bounding attachment.

### **4. CONCLUSION**

From the results of research on the success of Bounding Attachment through the process of initiating early breastfeeding by skin contact between mother and baby, it is found that there is a relationship through the process of initiating early breastfeeding by skin contact, work, economy, labor process and family and husband support with the success of Bounding Attachment at the Tawiri Health Center in 2022. And it is recommended to the health center to be able to carry out Early Breastfeeding Initiation for mothers who do not have indications during the delivery process so that bounding attachment is established.

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