

The Relationship Of Breastfeeding Mother's Behavior And Exclusive Asi Feeding In Pasar Gambir Health Center, Tebing Tinggi City, 2022

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ABSTRACT

Keywords:

Breastfeeding
Mother Behavior, Exclusive Breastfeeding.

Breast milk is a food that contains a complete nutritional composition that is needed for growth and development for babies. Exclusive breastfeeding is not achieved according to the target. Exclusive breastfeeding is influenced by the behavior of breastfeeding mothers. This study aims to determine the relationship between breastfeeding mother's behavior and exclusive breastfeeding at Pasar Gambir Health Center, Tebing Tinggi City in 2022. This research is a quantitative research with a cross sectional approach. This research was conducted from September 26, 2022 to October 8, 2022. Sampling used purposive sampling with a total sample of 32 people. The results showed that the majority of breastfeeding mothers' knowledge in providing exclusive breastfeeding at Pasar Gambir Health Center, Tebing Tinggi City in 2022 was sufficient, the attitude of breastfeeding mothers in providing exclusive breastfeeding at Pasar Gambir Public Health Center, Tebing Tinggi City in 2022 was mostly positive and the actions of breastfeeding mothers in providing breast milk. Exclusively at Pasar Gambir Health Center, Tebing Tinggi City in 2022, the majority is sufficient. Based on the results of the chi-square test, it was found that knowledge ($0.001 < 0.05$), attitude ($0.001 < 0.05$) and action ($0.001 < 0.05$). So it can be concluded that there is a relationship between the behavior of breastfeeding mothers and exclusive breastfeeding at the Pasar Gambir Health Center, Tebing Tinggi City in 2022. Suggestions in this study are Pasar Gambir Health Center in Tebing Tinggi City to provide continuous education about exclusive breastfeeding by increasing the knowledge, attitudes and actions of mothers in order to optimize the achievement of exclusive breastfeeding.

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1. INTRODUCTION

Breast milk is a food that contains a complete nutritional composition which is very necessary for the growth and development of babies [1]. The world health organization World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) (2020) recommend early initiation of breastfeeding within one hour after birth, and mothers should give exclusive breast milk to babies at least until the baby is 6 months old and then continue until the child is 2 years old while providing complementary foods with breast milk. Providing breast milk for 6 months-2 years is very important because it can reduce the risk of allergies in children, obesity, type 2 diabetes mellitus, stunting, hypertension and hypercholesterolemia later in life [2].

According to WHO data (2020) the overall rate of exclusive breastfeeding for babies under six months of age is 40%. WHO's collective target for continued breastfeeding at one and two years is 80% and 60%. According to the results of the Ministry of Health's National Working Meeting in determining the direction and policy of the 2020-2024 public health program, the coverage of exclusive breastfeeding in Indonesia must reach 60% (Ministry of Health, 2020-2024). Achievement of exclusive breastfeeding in Indonesia is 40% [3].

The percentage coverage of babies given exclusive breastfeeding in North Sumatra in 2019 was 50.20%, in 2020 it was 53.39% and in 2021 it was 57.83% [4]. Meanwhile, the percentage of

exclusive breastfeeding for babies 0-6 months in Tebing Tinggi in 2017 was 32.7%. This still shows the low level of exclusive breastfeeding in Tebing Tinggi City.

The impacts on the success of breastfeeding mothers include disrupted access to essential services such as breastfeeding counseling in hospitals and health clinics and inaccurate information circulating about the safety of breastfeeding because mothers are afraid of transmitting disease to their babies [5]. In addition, lack of face-to-face support, lack of social support, stress in caring for their other children and work problems [6]. Failure in the breastfeeding process can also be caused by not producing breast milk. There are several factors that can influence breast milk production, one of which is breastfeeding behavior [7].

The behavior of exclusive breastfeeding mothers means that breastfeeding mothers must comply with the guidelines issued by the Ministry of Health. According to the Ministry of Health, breastfeeding mothers are advised to frequently wash their hands with water and soap or use hand sanitizer with alcohol before touching their babies and to frequently clean frequently touched surfaces using disinfectant [8]. The Ministry of Women's Empowerment and Child Protection of the Republic of Indonesia (KPPPA RI) also issued breastfeeding guidelines, including using a mask when breastfeeding, washing hands before and after touching the baby, routinely cleaning touched surfaces with disinfectant and implementing cough and sneeze etiquette [9].

Breastfeeding is carried out by paying attention to appropriate transmission control measures. Global guidelines released by WHO (2020) believe that until now there has been no evidence or reported cases of vertical transmission from mother to fetus. According to Tran et al (2020) breast milk is not a medium for transmitting viruses. Breast milk samples from 18 women infected with covid-19 were evaluated and although covid-19 RNA was detected in one breast milk sample, follow-up cultures from the same sample were negative. The findings from this group of cases show that there is currently no evidence to suggest that the Covid-19 virus can be transmitted through breast milk.

There is no reason not to give breast milk exclusively to babies. This means that during this pandemic, mothers continue to give their breast milk to their babies and remain in contact with their babies. As revealed in research by Kharunnisa and Ayubi (2021), the majority of breastfeeding mothers succeeded in maintaining breastfeeding practices by having skin-to-skin contact and being cared for in the same room during the Covid-19 pandemic.

Harseni's research results (2019) stated that 60.4% of mothers did not provide exclusive breastfeeding. This is in line with the results of Lestari's research (2018) which stated that only 41% of mothers gave exclusive breast milk to their babies. The low coverage of exclusive breastfeeding can be caused by low understanding in society regarding exclusive breastfeeding. The problems that occur because the practice of giving exclusive breastfeeding is not as easy as imagined, there are many obstacles that arise in efforts to provide exclusive breastfeeding, both obstacles that come from the mother herself (behavior) and her environment [10].

One theory that discusses health behavior is the Health Belief Model (HBM) theory. HBM is most widely used in health behavior research. HBM has components, namely perceived susceptibility, perceived severity, perceived benefits, perceived barriers and cue to action (Glanz, Rimer, Viswanath, 2008). Research conducted by Saragih (2018) obtained the results of maternal behavior, namely the perceived susceptibility aspect of giving exclusive breast milk, avoiding obesity, optimizing baby growth and development (100%), the perceived severity aspect of giving exclusive breast milk, avoiding the risk of breast cancer (95.2%), the perceived benefits of giving exclusive breast milk can increase affection between mother and baby and optimize the baby's intelligence (100%), the perceived barriers aspect of frequently experiencing sore breasts is an obstacle to giving exclusive breast milk (42.9%), the cue to action aspect of giving exclusive breast milk is more economical and can practically motivate mothers (100%).

Evayani (2021) in her research obtained results that the behavior of giving exclusive breastfeeding during the Covid-19 pandemic in Banyakem Village was in the adequate category for 59 respondents (76.6%) [12]. The research results of Hidayat, Purwaningsih and Choiriyah (2020) showed that 3 mothers had poor behavior (such as not warming up frozen breast milk before giving it to the baby) in providing breast milk, where they had poor knowledge (giving complementary

food/formula milk to babies aged less than 6 months) but have a good attitude (agree that babies should be given breast milk, breastfeeding needs to be done by working mothers)[13].

The results of Susanti's (2018) research from 44 respondents showed that the behavior of breastfeeding mothers in giving exclusive breastfeeding aged 0-6 months was 23 respondents (52%), namely that they had bad behavior and the behavior of breastfeeding mothers in giving exclusive breastfeeding aged 0-6 months was 21 respondents [14]. (48%) namely having good behavior. Based on the results of Sitopu's analysis and discussion (2019) regarding Mothers' Behavior regarding Exclusive Breastfeeding at the Helvetia Health Center, Medan City, it can be concluded that mothers' knowledge is categorized as lacking, negative attitudes and the majority's actions are not giving Exclusive Breastfeeding. Also supported by Irma's research in Rukmini (2016) shows that knowledge, attitudes, behavior, nutrition of breastfeeding mothers, support from health workers and family support influence the success of lactation management [15].

Based on data from the Central Statistics Agency for Tebing Tinggi City, in 2021 the number of working mothers was 10% of the 45.31% of female workers in Tebing Tinggi City. Data obtained from the Tebing Tinggi City Health Service shows that exclusive breastfeeding coverage at the Pasar Gambir Health Center in Tebing Tinggi City is still low at 46.24%, while it is hoped that it will reach the target of 80%. The results of a preliminary study at the Pasar Gambir Community Health Center, Tebing Tinggi City, revealed that of the 215 babies in August 2022, 208 were breastfed, and 95 babies were exclusively breastfed (45.00%). Based on initial interviews with 10 mothers who breastfeed in the working area of the Pasar Gambir Health Center, Tebing Tinggi City, it is known that there are 7 people who do not breastfeed exclusively because they think breast milk alone is not enough because the child still feels fussy and 3 other breastfeeding mothers who do not breastfeed exclusively. Indeed, they work and some are studying, only 30% of working mothers provide exclusive breastfeeding for reasons of lack of knowledge about exclusive breastfeeding, unavailability of facilities for expressing breast milk at work, and lack of support from their husbands.

2. METHOD

This type of research is quantitative research. This research uses a cross-sectional research design aimed at describing phenomena or to describe the relationship between phenomena at a certain time. The population in this study is all breastfeeding mothers for the period August-September 2022 at the Pasar Gambir Health Center, Tebing Tinggi City, totaling 69 people. Sampling was taken carried out for 1 month on breastfeeding mothers who have babies over 6 months old who come to the Pasar Gambir Community Health Center, Tebing Tinggi City for the reason of finding out whether the mother's behavior is exclusive breastfeeding or not by looking at previous history. The sample size in this study was 32 respondents. The number of samples was obtained after selecting samples based on inclusion and exclusion criteria. This technique is carried out by circulating a list of statements/questionnaires submitted in writing to a number of respondents to obtain answer information. Data was collected by the researcher himself directly from the first source (breastfeeding mothers who provide exclusive breastfeeding). Primary data was collected using a questionnaire. In this research, the source of secondary data was by taking demographic data from documents or records obtained from the Pasar Gambir Health Center, Tebing Tinggi City. Data analysis uses univariate and bivariate analysis.

3. RESULTS AND DISCUSSION

Research result

The characteristics of the respondents examined in this research include: Age, occupation, education and number of children can be seen in table 4.1.

Table 1 Characteristics of Mothers at Pasar Gambir Community Health Center, Tebing Tinggi City, 2022

No	Characteristics	Frekuensi (f)	Persentase (%)
1	Age/Age		
	<20 Years	1	3,1
	20-25 Years	8	25,0

No	Characteristics	Frekuensi (f)	Persentase (%)
	26-30 Years	11	34,3
	31-35 Years	6	18,8
	>35 Years	6	18,8
	Amount	32	100,0
2	Education		
	JUNIOR HIGH SCHOOL	5	15,6
	SENIOR HIGH SCHOOL	24	75,0
	College	3	9,4
	Amount	32	100,0
3	Number of children		
	1	17	53,1
	2	8	25,0
	3	7	21,9
	Amount	32	100,0

Based on table 4.1, of the 32 respondents studied, it can be seen that the majority of respondents were 26-30 years old, 11 people (34.3%), the majority of mothers' education was high school, 24 people (75%) and the majority of children were firstborn children. 17 people (53.1%).

Knowledge of Breastfeeding Mothers in Providing Exclusive Breast Milk at Pasar Gambir Community Health Center, Tebing Tinggi City in 2022

To see the knowledge of breastfeeding mothers in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022, it can be described in Table 4.2:

Table 2. Knowledge of Breastfeeding Mothers in Providing Exclusive Breast Milk at Pasar Gambir Community Health Center, Tebing Tinggi City in 2022

No	Knowledge Of Breastfeeding Mothers In Providing Breast Milk	Frekuensi (f)	%
1	Exclusive	7	21,9
2	Not enough	14	43,8
3	Enough	11	34,4
	Jumlah	32	100

Based on table 2 above, it can be seen that the majority of breastfeeding mothers' knowledge of providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022 is sufficient at 14 people (43.8%).

The Attitude of Breastfeeding Mothers in Providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

To see the attitude of breastfeeding mothers in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022, it can be described in Table 3:

Table 3. The Attitude of Breastfeeding Mothers in Providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

No	The attitude of breastfeeding mothers in providing exclusive breast milk	Frekuensi (f)	%
1	Negative	14	43,8
2	Positive	18	56,3
	Jumlah	32	100

Based on table 3 above, it can be seen that the attitude of breastfeeding mothers in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022, the majority is positive, with 18 people (56.3%).

Actions of Breastfeeding Mothers in providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

To see the actions of breastfeeding mothers in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022, it can be described in Table 4:

Table 4. Actions of Breastfeeding Mothers in providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022.

No	Actions of breastfeeding mothers in providing exclusive breast milk	Frekuensi (f)	%
1	Not enough	5	15,6
2	Enough	16	50,0
3	Good	11	34,4
	Amount	32	100

Based on table 4 above, it can be seen that the actions of breastfeeding mothers in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022, the majority will be 16 people (50%).

The Relationship Between Breastfeeding Mothers' Behavior and Exclusive Breastfeeding at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

To see the relationship between breastfeeding mothers' behavior and exclusive breastfeeding at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022, it can be described in Table 5:

Table 5. The Relationship Between Breastfeeding Mothers' Behavior and Exclusive Breastfeeding at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

No	Breastfeeding Mother's Behavior	Exclusive breastfeeding				Total	Mark	
		Not given		Given		F	P	
		f	%	f	%	F	%	
Knowledge								
1	Not enough	7	100,0	0	0	7	100,0	0,001
2	Enough	1	7,1	13	92,9	14	100,0	
3	Good	0	0	11	100,0	11	100,0	
	Total	8	25,0	24	75,0	32	100	
Attitude								
1	Negatif	8	57,1	6	42,9	14	100,0	0,001
2	Positif	0	0	18	100,0	18	100,0	
	Total	8	25,0	24	75,0	32	100	
Action								
1	Not enough	5	100,0	0	0	5	100,0	0,001
2	Enough	3	18,8	13	81,2	16	100,0	
3	Good	0	0	11	100,0	11	100,0	
	Total	8	25,0	24	75,0	32	100	

Based on table 5, it was found that knowledge of breastfeeding mothers was in the sufficient category with exclusive breastfeeding in the category given as many as 13 people (92.9%), attitudes of mothers in the positive category with exclusive breastfeeding in the category given as many as 18 people (100%) and actions There were 13 (81.2%) breastfeeding mothers in the adequate category with exclusive breastfeeding. Based on the results of the chisquare test, it was found that knowledge with a value of $p = 0.001 < \alpha = 0.05$, attitude with a value of $p = 0.001 < \alpha = 0.05$ and action with a value of $p = 0.001 < \alpha = 0.05$ so it can be concluded that there is a relationship Behavior of Breastfeeding Mothers by Providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022.

Discussion

Knowledge of Breastfeeding Mothers in Providing Exclusive Breast Milk at Pasar Gambir Community Health Center, Tebing Tinggi City in 2022

Based on the research results, it was found that the majority of mothers' knowledge about exclusive breastfeeding at the Sisumut Community Health Center was sufficient at 43.8%. This is supported by the answers to the questionnaire that the mother already knows that breast milk contains complete nutritional substances according to the baby's needs, breast milk contains immune substances that protect the baby from disease, breast milk can increase the baby's intelligence, breast

milk is more effective in protecting babies from allergies compared to formula milk. , exclusive breastfeeding can help regulate birth spacing and exclusive breastfeeding prevents breast cancer.

There are still 21.9% of mothers who do not know about exclusive breastfeeding. This is proven based on respondents' questionnaire answers where it was found that mothers who have less knowledge tend to say that formula milk has the same content as breast milk (ASI) and that formula milk can protect babies. from disease because it contains immune substances, even though exclusive breastfeeding means you cannot give formula milk and exclusive breast milk is breast milk given to babies from birth for 6 (six) months, without adding and/or replacing it with other foods or drinks.

The Attitude of Breastfeeding Mothers in Providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

Based on the research results, it was found that the majority of mothers' attitudes regarding exclusive breastfeeding were positive at 56.3%. This is supported by respondents' questionnaire answers which stated that they were willing to give only breast milk to their babies until they were 6 months old, mothers would provide complementary foods after their children were 6 months old and mothers thought that breast milk was better to give their babies than formula milk before they were 6 months old.

However, there are still mothers who have a negative attitude of 43.8%. If this happens, perhaps the mother thinks that giving breast milk is very troublesome for the mother and breastfeeding can reduce the mother's self-confidence. Some mothers think that when they travel with a breastfed child, they must be given breast milk wherever they are fussy, so the mother feels less confident. This is why some mothers prefer not to give breast milk exclusively but to change their milk to formula milk when traveling so it is considered more practical.

Actions of Breastfeeding Mothers in providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

Based on the research results, it was found that the majority of breastfeeding mothers' actions in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022 was 50%. This is supported by the fact that the mother mentioned giving breast milk without giving any additional food other than breast milk before she was over 6 months old.

The Relationship Between Breastfeeding Mothers' Behavior and Exclusive Breastfeeding at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022

Based on the research results, it was found that the knowledge of breastfeeding mothers was in the sufficient category with exclusive breastfeeding in the given category as many as 13 people (92.9%), the attitude of mothers in the positive category with exclusive breastfeeding given in the given category was 18 people (100%) and actions There were 13 (81.2%) breastfeeding mothers in the adequate category with exclusive breastfeeding. Based on the results of the chisquare test, it was found that knowledge with a value of $p = 0.001 < \alpha = 0.05$, attitude with a value of $p = 0.001 < \alpha = 0.05$ and action with a value of $p = 0.001 < \alpha = 0.05$ so it can be concluded that there is a relationship Behavior of Breastfeeding Mothers by Providing Exclusive Breast Milk at the Pasar Gambir Public Health Center, Tebing Tinggi City in 2022.

4. CONCLUSION

Based on research conducted at the Pasar Gambir Health Center, Tebing Tinggi City in 2022, it was concluded that the majority of breastfeeding mothers' knowledge in providing exclusive breast milk at the Pasar Gambir Health Center, Tebing Tinggi City in 2022 was sufficient. The majority of breastfeeding mothers' attitudes towards providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022 are positive. The majority of breastfeeding mothers' actions in providing exclusive breast milk at the Pasar Gambir Community Health Center, Tebing Tinggi City in 2022 are sufficient. There is a relationship between breastfeeding mothers' behavior and exclusive breastfeeding at the Pasar Gambir Health Center, Tebing Tinggi City in 2022 with knowledge with a value of $p=0.001 < \alpha = 0.05$, attitude with a value of $p=0.001 < \alpha = 0.05$ and action with a value of $p= 0.001 < \alpha = 0.05$..

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