


The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict. Lahomi district. West Nias

Sumiatik

Universitas Haji Sumatera Utara, Fakultas Ilmu Kesehatan, Program Studi Kebidanan

Article Info	ABSTRACT
Keywords: Knowledge, Attitude, Giving Colostrum, BBL	Colostrum is the first fluid secreted by the breast glands. Colostrum is given early to babies and continuous breastfeeding can protect and be the best for babies because babies can avoid disease and have 10-17 times anti-immune substances than mature milk. The aim of this research is to determine the relationship between knowledge and maternal attitudes regarding giving colostrum to newborns at the practice of midwife Febertri Mendrofa, Kec. Lahomi District. West Nias. The design of this research is descriptive, namely with a cross sectional study approach. The population in this study was 29 people with a purposive sampling technique in accordance with. The research results showed that the majority of respondents, 17 people (59%) had good knowledge and 12 people (41%) had poor knowledge. The majority of respondents, 16 people (59%), had a positive attitude and 13 people (45%) had a negative attitude. The conclusion of this research is that there is a positive r value of 0.02. From the significance test of the correlation coefficient p value ($0.02 < 0.05$), there is a relationship between knowledge and attitudes regarding giving colostrum to newborns at the Febertri Mendrofa Midwife Practice, Kec. Lahomi district. West Nias. It is recommended that this research can provide insight into knowledge that can increase mothers' knowledge about giving colostrum to newborn babies.
This is an open access article under the CC BY-NC license 	Corresponding Author: Sumiatik Universitas Haji Sumatera Utara, Fakultas Ilmu Kesehatan, Program Studi Kebidanan sumiatik46@gmail.com

INTRODUCTION

Breast milk (ASI) is the right nutrition for babies aged 0 – 24 months. Coverage of exclusive breastfeeding (0 – 6 months) has increased since 2007. Breast milk is the right nutrition for babies. The content of breast milk is really needed by babies, where babies aged 0 - 6 months have their nutritional needs met if they only consume breast milk. Apart from that, the baby's body is only able to process or digest the nutrients in breast milk. Apart from breast milk, babies will have difficulty digesting nutrients. (Kurniawati, et al, 2020).

Colostrum is given early to babies and continuous breastfeeding can protect and be the best for babies because babies can avoid disease and have 10-17 times anti-immune substances than mature milk. Colostrum is the first fluid secreted by the breast glands. The

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias– Sumiatik

highest content in colostrum is antibodies which are ready to protect the baby when the baby is still very weak. The protein content in colostrum is higher than the protein content in mature milk. (Septiani, 2020).

Colostrum is the first milk that comes out, which is often yellow or clear and contains living cells that resemble "white blood cells" which can kill germs and thus protect the baby's body from various infectious diseases. Continuous early provision of colostrum to newborns is the best protection. The content of colostrum is a lot of protein

and antibodies, although very thick and in very small quantities. (Fitriami, 2021). WHO data shows that around 170 million children experience malnutrition throughout the world and as many as 3 million of them die every year due to malnutrition. Exclusive breastfeeding, especially colostrum, can be a form of intervention to reduce the high number of child deaths in the world due to malnutrition. (Hamzah, 2021).

The prevalence of giving colostrum in Indonesia is still low. This is shown in the implementation of Early Breastfeeding Initiation (IMD), which is still lower than the practice coverage rate for early breastfeeding initiation in the world, namely 42%, whereas in Indonesia it is only 39%. This figure is still very low compared to other countries in some Southeast Asian countries, for example Myanmar (76%), Thailand (50%), and the Philippines (54%). (Fitriami, 2021).

The results of research by Septiani (2020) in Bireuen using total sampling showed that the calculation results showed a p value (0.001) $<$ p value (0.05) meaning that H_0 was accepted and H_a was rejected, meaning that there was an influence between the mother's knowledge and the provision of colostrum. Apart from that, Hamzah's research (2021) states that the results of the chi square test between the respondent's attitude variable and giving colostrum obtained a p value = 0.001 ($p < 0.05$) so (H_0 is rejected) which means there is a relationship between the respondent's attitude and giving colostrum to newborn baby.

Knowledge is the most important thing for someone to make a decision, especially making the decision to give breast milk as early as possible or give colostrum as soon as the baby is born. Mothers with good knowledge will know which is best for their baby because there are many

The information obtained makes the mother know what needs are good for her baby. In contrast to mothers who lack knowledge who do not have more information about the importance of giving colostrum for the long term, especially for the growth and development of their children. (Halimatusyadiah, 2019).

Giving colostrum to postpartum mothers is influenced by various factors, both from the mother herself and external factors. Maternal factors include the mother's level of knowledge, health condition, attitude, parity and perception, while external factors include the support of those closest to her, health workers and the culture of the environment where the mother lives. What hinders the provision of colostrum (ASI) is influenced by the mother's lack of knowledge regarding the advantages of colostrum (ASI) and the physiology of lactation, the mother's lack of physical and mental preparation, lack of family

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias– Sumiatik

support, lack of environmental support. Several opinions say that what prevents breastfeeding mothers from giving colostrum immediately, including fear of the baby being cold, the mother being too tired to breastfeed her baby immediately, colostrum not coming out or the amount of colostrum being inadequate, and also some opinions and research saying that giving colostrum can be influenced by the level of colostrum. mother's knowledge. (Harun, 2017).

Based on an initial survey conducted by researchers at the Febertri Mendrofa Midwife Practice, Kec. Lahomi District. West Nias has 115 postpartum mothers from January 2022 to June 2022. Based on initial research observations, 50% of the population of postpartum mothers in 2022 did not produce colostrum immediately after giving birth, this caused babies to be given formula milk.

as a substitute for breast milk. Apart from that, 5 mothers said they did not know about giving colostrum and attitudes regarding giving colostrum to newborn babies were still not good, as many as 3 people said they did not know about giving colostrum to their babies. Based on this description, the author wants to conduct research on the relationship between knowledge and maternal attitudes regarding giving colostrum to newborns at the Midwife Practice of Febertri Mendrofa, Kec. Lahomi District. West Nias.

METHODS

This type of research uses a descriptive correlation design which aims to determine the relationship between the independent variable and the dependent variable. (Sugiyono, 2019). This type of research aims to determine the relationship between knowledge and attitudes regarding giving colostrum to newborns in the practice of midwife Febertri Mendrofa, Kec. Lahomi district. West Nias..

Operational Definition is a description of the variable in question, or about what is measured by the variable in question. A variable is something that is used as a characteristic, trait or measure that is owned or obtained by a research unit regarding a certain concept of understanding. In this study, the independent variable is knowledge, while the dependent variable is the mother's attitude regarding giving colostrum.

Data analysis was carried out to support hypothesis verification, using:

1. Univariate Analysis

Univariate analysis was carried out on each variable from the research results. In general, analysis only produces the distribution of each variable (Notoatmodjo, 2016). Univariate analysis is used to explain the data and describe the characteristics of respondents (general data) including age, highest level of education, employment status, parity, to obtain an overview of the variables studied. The results of the analysis are presented in the form of frequency distribution and percentages.

2. Bivariate Analysis

The bivariate analysis used in this research is using Chi Square to determine the relationship between dependent and independent variables (Sugiyono, 2019). Bivariate

analysis aims to explain or find out whether there is a significant relationship between knowledge and maternal attitudes regarding giving colostrum to newborn babies.

RESULTS AND DISCUSSION

Research result

This research was conducted at the Febertri Mendrofa Midwife Practice, Kec. Lahomi district. West Nias facilities consist of an examination room, waiting room, delivery room and medicine room. There are service facilities for complete maternal and child health checks.

Based on the data that has been collected, a table is created containing data on the characteristics of research respondents as follows:

Table 1: Frequency Distribution of the Relationship between Knowledge and Mother's Attitudes regarding Giving Colostrum to Newborn Babies at the Practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias

Characteristics	Frequency	Percentage (%)
Age		
<25 years	7	24
25-35 years old	17	59
>35 years	5	17
Education		
SENIOR HIGH SCHOOL	23	79
S1	6	21
Parity		
Primigravida	13	45
Multigravida	16	55
Resources		
Television	8	28
Newspaper	8	28
Internet	13	44
Work		
Doesn't work	25	86
Work	4	14
Total	29	100%

These respondents correspond to the required sample size of 29 people. In terms of age, the majority are 25-35 years old, 17 people (59%). Based on education, the majority were 23 people from high school (79%). The majority of the parity group was multigravida, 16 people (55%). In terms of sources, the majority of information was obtained from the internet, 13 people (44%). The majority of 25 people (86%) do not work.

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias– Sumiatik

From the results of research on Mother's Knowledge about Giving Colostrum to Newborn Babies at the Practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias obtained from the answers of 29 respondents will be explained in table 4.2, the distribution is as follows:

Table 2. Mother's Knowledge about Giving Colostrum to Newborn Babies at the Practice of Midwife Febertri Mendrofa Kec. Lahomi district. West Nias

Category	Frequency	Percentage (%)
Good	17	59 %
Not enough	12	41 %
Total	29	100%

Based on the table above, it can be seen that the majority of respondents, 17 people (59%) have good knowledge and 12 people (41%) have poor knowledge. From the results of research on Mothers' Attitudes regarding Giving Colostrum to Newborn Babies at the Practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias obtained from the answers of 29 respondents will be explained in table 4.3, the distribution is as follows:

Table 3. Mother's Attitudes Regarding Giving Colostrum to Newborn Babies at the Practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias

Category	Frequency	Percentage (%)
Positive	16	55 %
Negative	13	45 %
Total	29	100%

Based on the table above, it can be seen that the majority of respondents, 16 people (59%), had a positive attitude and 13 people (45%) had a negative attitude. Based on the results of research data analysis which was processed based on simple correlation testing using the SPSS Version 20.00 program. From the results of simple correlation analysis, there is a positive r value of 0.002. From the significance test of the correlation coefficient p value ($0.002 < 0.05$), H_0 is rejected, meaning that there is a relationship between knowledge and attitudes regarding giving colostrum to newborns at the practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias.

Discussion

Based on the results of research on the relationship between knowledge and attitudes regarding giving colostrum to newborns at the practice of midwife Febertri Mendrofa, Kec. Lahomi district. West Nias obtained the required results, namely 29 people. In terms of age, the majority are 25-35 years old, 17 people (59%). According to Hamzah (2021), the majority age is 21-35 years, namely 20 respondents (66.7%) of mothers who give colostrum to newborn babies. This shows that the older you get, the wiser you get, the more information you encounter and the more things you do, thereby increasing your knowledge. According to the researchers' assumption, this age is because women are still in the productive age period for giving birth. Based on education, the majority were 23

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias– Sumiatik

people from high school (79%). According to Hamzah (2021), the educational level of most of the respondents was high school/equivalent 14 (46.7%). This also influences the mother's knowledge in giving colostrum, the higher a person's education, the younger they receive information, and ultimately the more knowledge they have. According to researchers' assumptions, the higher the level of education, the more it will affect knowledge. The majority of the parity group was multigravida, 16 people (55%). According to Halimatusyadiah's research (2019), the number of multiparas who gave colostrum was 11 (35.5%). Parity is related to the direction of seeking information about mothers' knowledge of breastfeeding. The experience gained by mothers can broaden a person's knowledge in giving colostrum. That the mother's experience in caring for children influences knowledge about colostrum. The researcher's assumption is that multigravida mothers have more experience than multigravid mothers. In terms of sources, the majority of information was obtained from the internet, 13 people (44%). One factor that can make it easier for individuals to gain knowledge is by accessing various sources of information in various media (Darsini, 2019). The majority of 25 people (86%) do not work. Hamzah's research (2021) shows that the majority of respondents work as housewives (IRT) as many as 25 (83.3%). In this study, a housewife is someone who does not work, so the researchers assume that housewives have more time to care for and provide colostrum breast milk.

The results of research discussing Mother's Knowledge about Giving Colostrum to Newborn Babies at the Practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias found that the majority of respondents, 17 people (59%) had good knowledge and 12 people (41%) had poor knowledge. According to research by Halimatusyadiah (2019), 17 mothers with good knowledge gave colostrum (54.8%). Knowledge is the most important thing for someone to make a decision, especially making the decision to give breast milk as early as possible or give colostrum as soon as the baby is born. A mother with good knowledge will know what is best for her baby because the amount of information obtained makes the mother know what needs are good for her baby. In contrast to mothers who lack knowledge who do not have more information about the importance of giving colostrum for the long term, especially for the growth and development of their children.

According to the researcher's assumption, mothers' good knowledge in giving colostrum to their babies is because the majority of mothers do not work as housewives so they have more time to take care of their babies. Apart from that, the majority of mothers' education is high school so that mothers' knowledge is much better than those with lower levels of education.

Based on the research results, the majority of respondents, 16 people (59%) had a positive attitude and 13 people (45%) had a negative attitude. According to research by Hamzah (2021), there are 3 (23.1%) mothers when giving colostrum to their babies who have a positive attitude. The mother's attitude in giving colostrum can also be influenced by other people's advice or experience, education about breast milk and the ins and outs of breast milk from other people or reading books. Attitudes towards giving colostrum are

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias— Sumiatik

also influenced by the mother's knowledge about giving colostrum. If the mother has less knowledge about giving colostrum or less knowledge about exclusive breastfeeding, it will give a negative attitude towards exclusive breastfeeding.

According to the researcher's assumption, the mother's attitude is positive because it is influenced by good knowledge. This knowledge can provide a connection in providing colostrum to the baby. Apart from that, information sources obtained by mothers via the internet can provide a good attitude in giving colostrum to newborn babies.

From the results of the bivariate analysis, a correlation was obtained between the relationship between knowledge and maternal attitudes regarding giving colostrum to newborns at the practice of midwife Febertri Mendrofa, Kec. Lahomi district. West Nias is 0.02.

Based on the correlation test carried out, a significant value was obtained for the existence of a relationship, so that H_0 was rejected, which means there is a relationship between knowledge and mother's attitude regarding giving colostrum to newborn babies at the practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias.

According to research by Hamzah (2021), it can be concluded that there is a relationship between maternal knowledge and maternal attitudes with giving colostrum to newborn babies at the Kotabangon Community Health Center, Kotamobagu City. According to Harun's research (2021), from the results of statistical tests using Chi-Square, the P value ($0.014 < \alpha(0.05)$). So H_0 is rejected and H_a is accepted, meaning that there is a relationship between knowledge and giving colostrum to newborn babies at RSKDIA Pertiwi Makassar. According to research by Sulaimah (2019), the results of statistical tests obtained p-value = 0.000 which was significant $p < 0.05$, (H_a was accepted and H_0 was rejected), so it can be concluded that there is a relationship between attitude and giving colostrum to newborn babies.

According to the researcher's assumption, there is a relationship between knowledge and maternal attitudes regarding giving colostrum to newborns, because good maternal knowledge will produce a positive attitude. This is because the mother's knowledge is influenced by the mother getting lots of information sources via the internet, the mother can more easily access information via the internet thus providing a good attitude in giving colostrum to newborn babies. Apart from that, the majority of mothers do not work and are housewives so they have more time to take care of their babies. Mothers who do not work are expected to spend more time and pay attention to the long-term development of their babies.

CONCLUSION

The majority of respondents, 17 people (59%) had good knowledge and 12 people (41%) had poor knowledge about giving colostrum to newborns at the Febertri Mendrofa Midwife Practice, Kec. Lahomi district. West Nias. The majority of respondents, 16 people (59%) had a positive attitude and 13 people (45%) had a negative attitude about giving colostrum to newborns at the Febertri Mendrofa Midwife Practice, Kec. Lahomi district. West Nias. The

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias— Sumiatik

results of the correlation analysis show a positive r value of 0.02. From the significance test of the correlation coefficient p value ($0.02 < 0.05$), H_0 is rejected, meaning that there is a relationship between knowledge and attitudes regarding giving colostrum to newborns at the practice of Midwife Febertri Mendrofa, Kec. Lahomi district. West Nias.

REFERENCE

- Anggreini, Ira Nur Rofika. (2018). Artikel Perilaku Masyarakat dalam Pengelolaan Kesehatan Lingkungan di Desa Segiguk. Kediri. Diakses pada tanggal 31 Agustus 2022.
- Arikunto, Suharsimi, (2016). *Prosedur Penelitian suatu pendekatan praktik*, Jakarta: Rineka Cipta.
- Darsini., dkk. (2019). Pengetahuan ; Artikel Review. *Jurnal Keperawatan*, Vol 12, No 1, Januari 2019.
- Fitriami, Elfiza dan Reny Afwinasyah. (2021). Faktor-Faktor Yang Berhubungan Dengan Pemberian Kolostrum Pada Bayi Baru Lahir Oleh Ibu Post Op Sectio Caesarea Di Rs Pmc Kota Pekanbaru. *Nursing Science Journal (NS)* p-ISSN: 2722-4988 Volume 2, Nomor 1, Juni 2021 e-ISSN : 2722-5054 Hal 7-16.
- Harun, Ayatullah dan Jumriani. (2017). Faktor Yang Berhubungan Dengan Pemberian Kolostrum Pada Bayi Baru Lahir Di Rskdia Pertiwi Makassar Tahun 2016. Volume 3, Nomor 1, Juli 2017 p-ISSN: 2443-3861/e-ISSN: 2528-5602
- Hamzah, St. Rahmawati., Hamzah B. (2021). Faktor-Faktor Yang Berhubungan Dengan Pemberian Kolostrum Pada Bayi Baru Lahir Di Puskesmas Kotobangon. *Prosiding Seminar Nasional Penelitian Dan Pengabdian 2021, "Penelitian dan Pengabdian Inovatif pada Masa Pandemi Covid-19"*, ISBN: 978-623-6535-49-3.
- Halimatusyadiah, Leni. (2019). Faktor-Faktor Yang Berhubungan Dengan Pemberian Kolostrum Pada Bayi Baru Lahir Di Puskesmas Curug Kota Serang Provinsi Banten Tahun 2018. *Jurnal Ilmiah Kesehatan Delima Vol.3 No.1 – Januari – Juni 2019* p-ISSN : 2337-8158 e-ISSN : 2580- 295X.
- Herman. (2020). The Relationship of Family Roles and Attitudes in Child Care With Cases of Caput Succedeneum in RSUD Labuang Baji, Makassar City in 2018 . Vol.1 No.2 Juli 2020.
- Kemendes RI. (2021). *Laporan Kinerja Direktorat Kesehatan Keluarga Tahun Anggaran 2021*. Jakarta.
- KBBI. (2022). <http://kbbi.web.id/faktor>. Diakses pada tanggal 31 Agustus 2022. Kurniawati, Dini., dkk. (2020). *Air Susu Ibu (ASI)* ISBN: 9786236916049. CV
- KHD Production Jl. Kalianyar Selatan
- Notoatmodjo S. (2016) . *Promosi Kesehatan dan Perilaku Kesehatan*. Jakarta: PT Rineka Cipta.
- Setiadi. (2019). *Konsep dan Penulisan Riset Keperawatan*. Graha Ilmu : Yogyakarta.
- Septiani, Minda., Liza Ummami. (2020). Faktor-Faktor Yang Memengaruhi Pemberian Kolostrum Pada Bayi Di Bpm Nurhayati, S.Sit Kecamatan Peusangan Kabupaten

The relationship between knowledge and maternal attitudes regarding giving colostrum to newborns in the practice of febertri midwives Mendrofa subdistrict.

Lahomi district. West Nias– Sumiatik

- Bireuen. Journal of Healthcare Technology and Medicine Vol. 6 No. 1 April 2020 Universitas Ubudiyah Indonesia e-ISSN : 2615-109X.
- Sugiyono, (2019). Metode Penelitian Kuantitatif Kualitatif dan R&D. Bandung: Alfabeta.
- Sulaimah, Siti. (2019). Analisis Faktor Yang Berhubungan Dengan Pemberian Kolostrum Pada Bayi Baru Lahir. JURNAL KEBIDANAN Vol 5, No 2, April 2019 : 97-105.
- Widiyaningsih, Wahyu. (2018). Gambaran pengetahuan dan sikap ibu hamil tentang pemberian kolostrum pada bayi baru lahir di wilayah kerja puskesmas tanah sareal kota bogor.