Jurnal eduHealt
Volume 15 , Number 01, 2024, DOI 10.54209/eduhealth.v15i01
ESSN 2808-4608 (Online)
https://ejournal.seaninstitute.or.id/index.php/healt

The relationship of breastfeeding patterns with the frequency of illness events in babies at the Siti Kholijah clinic in 2023

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Article Info
Keywords:
Breastfeeding Patterns,
Illness Events,
Babies

ABSTRACT
Mothers who do not exclusively breastfeed their children will have a negative impact on public health, causing upper respiratory tract infections (ARI), diarrhea, the baby's immune system, affecting the level of intelligence of the brain after adulthood and can trigger allergies, obesity and disease. intestines in premature babies and can also put the mother at risk of breast cancer. The aim of this research is to identify anything related to the relationship between breastfeeding patterns and the frequency of illness in babies at the Siti Kholijah Clinic in 2023. This type of research is an analytical study using a cross sectional design and Chi Square testing. The population in this study was all mothers who brought their babies for treatment at the Siti Kolijah Clinic in 2023 totaling 150 people and the method for collecting samples was Accidental Sampling. The results showed that 2 (8%) respondents had a predominant breastfeeding pattern with never getting sick. The incidence of illness was rare in 6 people (24%) with a predominant breastfeeding pattern. According to the Chi Square test, the score P (value) (0.002) < 0.05 is obtained, which means that there is a relationship between breastfeeding patterns and the frequency of cases of illness in babies at the Siti Kholijah Clinic in 2023. Suggestions for midwives to be able to provide information and counseling as well as education about breastfeeding patterns and events illness to all mothers who breastfeed and assist mothers directly by practicing correct breastfeeding methods for mothers in order to prevent the occurrence of illness in babies.

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INTRODUCTION

In intrauterine life, the baby is fully protected by the mother, the baby is protected by antibodies through the placenta which connects the baby's body to the mother's body. These antibodies are very important for protecting the fetus in the womb from being exposed to infections and various complications that endanger its health (Irsal, 2019). Mother's milk (ASI) is the ideal food to meet the nutritional needs of newborn babies. Breast milk provides the energy and nutrients needed for the baby's development and growth. (RI Ministry of Health, 2020). Breastfeeding can reduce the incidence or severity of

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infectious diseases and child mortality. The risk of mortality for babies who do not receive breast milk is 14 times higher than those who receive exclusive breast milk (WHO, 2019).

When a baby is born he loses this protection and the baby will also be exposed to an environment full of germs, while his body is not yet fully able to protect itself, this can result in the baby being more susceptible to infection (Armini, 2019). According to Roesli, (2019) the potential of breast milk is so great that 13% of infant deaths can be prevented by exclusive breastfeeding and 19% if combined with additional food after 6 months of age. Not only that, exclusive breastfeeding for six months can prevent 10 million under-five deaths in the world and 30,000 infant deaths in Indonesia per year (UNICEF, 2019).

Breastfeeding that is not optimal influences the occurrence of 72% of neonates, 14.5% of deaths due to diarrhea and 73.9% of deaths due to respiratory tract infections in toddlers. Children who are not breastfed are 14 times more likely to die from diarrhea and pneumonia than children who receive exclusive breast milk (Ministry of Health, 2019). Steps that have been taken by the Indonesian Government to increase the adequacy rate for exclusive breastfeeding include the passing of a Government Regulation regarding exclusive breastfeeding which prohibits the promotion of PASI in health facilities and women's right to breastfeed. There are four provinces that have not achieved the 2020 National Strategic Plan target, namely Maluku and West Papua while North Sumatra is 44.9% (Ministry of Health, 2021). Mothers who do not provide exclusive breastfeeding to their children will have a negative impact on public health and can cause urinary tract infections. respiratory tract infection (ARI). The baby's immune system affects the level of brain intelligence after adulthood and can trigger allergies, obesity and intestinal disease in premature babies and can also cause the risk of breast cancer. (Ninda, 2020) According to Nur (2019), babies who receive breast milk until the age of 19-21 months have a 1.8 times higher risk of developing infectious diseases. Babies who receive breast milk until 22-24 months, toddlers who are not exclusively breastfed are more at risk of experiencing disease infection.

The increase in the immune system in babies is usually seen from the frequency of fussy babies who visited overall from January to June 2023. Of the total babies who visited, 92 babies were sick due to viral infections such as fever, cough, colds and digestive tract disorders such as diarrhea. , vomiting and constipation, of the 92 babies found within a period of 5 months, there were 9 babies who visited 2 times out of 6 babies who visited 3 times or 4 times. To find out what is the relationship between breastfeeding patterns and the frequency of occurrence of babies at the Siti Kholijah Clinic in 2023.

METHODS

This research is a quantitative observational type with a cross sectional approach, where, this research is breastfeeding patterns, while the dependent variable of this research is the frequency of illness in babies at the Kholijah clinic in 2023. The location of this research was carried out at the Siti Kholijah Clinic. The population is the entire research object or objects studied (Hidayat, 2020). The population in this study was all mothers who brought their babies for treatment at the Siti Kolijah Clinic in 2023, totaling 92 people. The research

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sample used was a portion of mothers who brought their babies during treatment at the Siti Kholijah clinic. The sampling technique used in this research was accidental. Researchers collected data directly from mothers who had babies by looking at breastfeeding patterns and the frequency of illness and recording the results.

Operational Definition

Variabel	Operational definition.	Measuring instrument	Measure Results	Measuring scale
Breastfeeding pattern	Providing nutrition in the form of breast milk to children based on breastfeeding patterns	Questionnaire	a. Non breast milk b. Exclusive c. Predominan d. Partial	Ordinal
Frequency of illness	Babies who have the disease within one year	Questionnaire	a. Often b. Seldom c. Never	Ordinal

Data Processing Techniques and Data Analysis

Data processing

The collected data is processed using computerization with the following steps: (Notoadmojo, 2020)

a. Collecting, collecting data from overtime observations, namely the length of umbilical cord release.
b. Checking is carried out by checking the completeness of the observation sheet so that
c. Data processing provides valid results and avoids bias.
d. Coding, in this step the author codes the variable l, the variable under study, for example a becomes number 1, 2, 3, 4.
e. Entering, the answers from each respondent are still in the form of "codes" (numbers
f. or letters), entered into the computer program used by researchers, namely SPSS.
g. Data processing, all data that has been input into the computer application will be processed according to the needs of the researcher.

RESULTS AND DISCUSSION

Research result

The results of research to determine the relationship between breastfeeding patterns and the frequency of incidence of illness in babies at the Siti Kholijah Clinic in 2023 with 25 respondents, showed the distribution of maternal stimulation and child development, which is presented in the following table:

Table 1. Distribution of maternal stimulation and child development

No	Category	Total	Percentage (%)
1	Non breast milk	4	16
2	Exclusive	7	28
3	Dominant	8	32

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No	Category	Total	Percentage (%)
4	Partial	6	24
	Total	25	100

No	Category	Total	Percentage (%)
1	Often	4	16
2	seldom	11	44
3	Never	10	40
	Total	25	100

Bivariate results

Table 2. Relationship between breastfeeding patterns and frequency of illness in babies at the Siti Kholijah Clinic in 2023

Nobreastfeeding pattern		Illness incidents								*P (value)*
		Often		rarely		Never		Total		
		F	%	f	%	f	%	f	%	
1	Non Asi	4	16	0	0	0	0	4	16	
2	Esklusif	0	0	2	8	5	20	7	28	0.002
3	Predominan	0	0	6	24	2	8	8	32	
4	Parsial	0	0	3	12	3	12	6	24	
	Total	4	16	11	44	10	40	25	100	

According to table 2, it shows that out of 2 (8%) respondents with a predominant breastfeeding pattern, with never getting sick, getting sick rarely, 6 people (24%) with a predominant breastfeeding pattern, univariate discussion.

Breastfeeding Patterns

The need for intake in healthy baby girls (not premature and viruses, fungi or bacteria when infection occurs, fever is a response needed to get several ingredients that can strengthen the immune system's defenses to prevent uterine infections in the mother, these are immunoglobulin, lactoferrin, and lysozyme (muramidase). Immunoglobulins in breast milk are SI (secretory immunoglobulin A) which work against pathogenic microorganisms (including E.coli) and foreign proteins. Immunoglobulins are not found in fish.

CONCLUSION

According to the results of the research and study, conclusions were obtained, including: Based on the pattern of breastfeeding in babies, with a total of 8 (32%) of the total data of 25 people bringing children for treatment at the Siti Kholijah clinic in 2023. Based on the incidence of illness with a total of 11 (44%) of the total data sample. As many as 25 thousand brought their children for treatment at the Siti Kholijah clinic in 2023. Based on statistical tests using Chisguarde, a p-value was obtained (0.002<0.05, which means there is a relationship between breastfeeding patterns and the frequency of illness in babies at the Siti Kholijah clinic in 2023. It is hoped that midwives can provide information and

counseling as well as education about breastfeeding patterns and incidences of illness to all breastfeeding mothers and accompany mothers directly by practicing correct breastfeeding methods for mothers in order to prevent the occurrence of illness in babies. literacy for faculty students. The results of this study can be used as material or literacy for midwifery faculty students. The results of this study can be used as material for midwives in the nursing and midwifery faculties at Indonesian prima universities as literature and material for students while pursuing midwifery education. It is recommended that future researchers add references and are advised to develop further research on breastfeeding patterns and the frequency of illness in babies with different variables.

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