

The Relationship Of Knowledge Of Working Mothers To Mother's Attitude In Exclusive Breastfeeding In Infants Aged 0-6 Months

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Article Info	ABSTRACT
<p>Keywords: Knowledge, Attitude, Working Mother, Exclusive Breastfeeding</p>	<p>Breast milk is an important source of nutritional intake for babies. Breast milk is given to babies for 2 years. While exclusive breastfeeding is given to babies for 6 months without adding other foods or drinks. There is a lot of scientific evidence that shows that breast milk given exclusively during the first 6 months of life can meet the nutritional needs of babies to grow and develop. The purpose of this study is to determine the relationship between the knowledge of working mothers and the attitude of mothers in exclusive breastfeeding for infants aged 0-6 months. The research design used was a correlation study with a Cross Sectional approach. The population in this study was all working mothers who had babies aged 0-6 months at the Posyandu Sidomulyo Village, Semen District, Kediri Regency, totaling 21 respondents using total sampling. The variables consist of an independent variable, namely the knowledge of working mothers about exclusive breastfeeding and a dependent variable, namely the mother's attitude in exclusive breastfeeding. Data collection using questionnaires, data processing using editing, coding, scoring, tabulating and analyzed using Chi Square. The results showed that the knowledge of working mothers was good by 11 respondents (52.39%) and the attitude of mothers in exclusive breastfeeding was positive by 15 respondents (71.43%). Based on the Chi-Square analysis test shows p value = 0.000 (p value < 0.05). So that H1 is accepted means that there is a relationship between the knowledge of working mothers and maternal attitudes in exclusive breastfeeding in infants aged 0-6 months. Based on the results of the above research, it is expected to increase the knowledge and attitude of working mothers in exclusive breastfeeding for infants aged 0-6 months through counseling by health workers.</p>
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INTRODUCTION

Breast milk is an important source of nutritional intake for babies. Breast milk is given to babies for 2 years. While exclusive breastfeeding is given to babies for 6 months without adding other foods or drinks. (Detikhealth, 2020). There is a lot of scientific evidence that shows that breast milk given exclusively during the first 6 months of life can meet the nutritional needs of babies to grow and develop. Some examples include, colostrum (breast milk on days 1-5) is rich in protein, breast milk lactose as a source of carbohydrates is

absorbed better than that found in formula milk. Based on research by the Indonesian Pediatric Association (IDAI), the number of mothers who have breastfed children in Indonesia is already high, which is 90%. Breastfeeding is recommended for up to two years or more. The reason breast milk is still given after the baby is 6 months old, because 65% of the energy needs of a baby at the age of 6-8 months are still met from breast milk. At the age of 9-12 months about 50% of the needs are from breast milk and the age of 1-2 years is only about 20% from breast milk. (Tiangsa, 2002)

A report by the Central Statistics Agency (BPS) shows that the percentage of infants under the age of 6 months in Indonesia who receive exclusive breast milk will reach 73.97% in 2023. This percentage has increased again for five consecutive years. In East Java in 2021 it was 69.61%, an increase in 2022 of 69.72%. The remaining 27.32% have not exclusively breastfed. (BPS, 2023)

The results of Triatmi et al's research stated that out of 48 respondents, 36 respondents (75%) had good knowledge and 35 respondents (72.92%) had a good attitude in exclusive breastfeeding. Related to that, there are still mothers who have low knowledge that affects attitudes in breastfeeding towards their babies. The low level of understanding about the importance of breast milk during the first 6 months of birth of the baby is due to the lack of information and knowledge possessed by mothers about all the nutritional plus values and benefits contained in breast milk. In addition, the habits of working mothers also contribute to the low rate of breastfeeding mothers. (Triatmi et al, 2014).

To overcome this problem, the government has created programs that can support the use of exclusive breastfeeding, among others, through providing health education about the importance of exclusive breastfeeding to the community. Research that can support exclusive breastfeeding programs such as on the composition of breast milk also continues to be carried out. Employers or managers of workplaces/offices, both government and private, are asked to be able to support government programs in realizing exclusive breastfeeding for infants up to six months of age by doing, among others, providing opportunities for female workers who are still breastfeeding to breastfeed their babies/children during working hours (Suryanto, 2012).

METHOD

The design used in this study is correlational analytical research with Cross Sectional approach. The variable in this study is the independent variable is the Working Mother's Knowledge About Exclusive Breastfeeding and the dependent variable is the Mother's Attitude in Exclusive Breastfeeding.

The population in this study was all mothers who worked at the Posyandu Desa Sidomulyo, Kec. Semen Kediri Regency with a total of 21 respondents using total sampling. The variables consist of an independent variable, namely the knowledge of working mothers about exclusive breastfeeding and a dependent variable, namely the mother's attitude in exclusive breastfeeding. The analysis used Chi square.

RESULT AND DISCUSION

Frequency Distribution of Knowledge of Working Mothers

Table 1 Frequency Distribution of Knowledge of Working Mothers

No.	Knowledge	Frequency	Percentage
1	Good	11	52,39
2	Medium	8	38,09
3	Less	2	9,52
	Total	21	100

Based on the table above of the 21 respondents studied, most of the respondents had good knowledge as many as 11 respondents (52.39%), and a small number had less knowledge as many as 2 respondents (9.52%).

Frequency Distribution of Working Mothers' Attitudes in Exclusive Breastfeeding

Table 2 Frequency Distribution of Working Mothers' Attitudes in Exclusive Breastfeeding

No.	Attitude	Frequency	Percentage
1	Positive	15	71,43
2	Negative	6	28,57
	Total	21	100

From the table data above shows that of the 21 respondents studied, 15 respondents (71.43%) have a positive attitude, and 6 respondents (28.57%) have a negative attitude.

Cross-tabulating the relationship between working mothers' knowledge and mothers' attitudes in exclusive breastfeeding

Table 3 Cross-tabulating the relationship between working mothers' knowledge and mothers' attitudes in exclusive breastfeeding

Knowledge \ Attitude	Positive		Negative		amount	
	N	%	N	%	N	%
Good	11	73,33	0	0	11	52,39
Enough	4	26,67	4	66,67	8	38,09
Not enough	0	0	2	33,33	2	9,52
AMOUNT	15	100	6	100	21	100

- 1) Respondents who have good knowledge with a positive attitude as many as 11 respondents (73.33%), while those who have good knowledge with a negative attitude as many as 0 respondents (0%).
- 2) Respondents who have less knowledge with a positive maternal attitude as many as 0 respondents (0%), while those who have less knowledge with a negative maternal attitude as many as 2 respondents (33.33%).
- 3) Based on the results of the Chi-Square analysis test showing a p value = 0.000 (p value < 0.05), then H1 is accepted, H0 is rejected, meaning that there is a relationship

between the knowledge of working mothers and the mother's attitude in exclusive breastfeeding in infants aged 0-6 months.

Discussion

Based on table.1 of the 21 respondents studied, most of the respondents had good knowledge as many as 11 respondents (52.39%), and a small number were less knowledgeable as many as 2 respondents (9.52%). According to Prasetyono (2009) breast milk is the first, main, and best food for babies, which is natural. Breast milk contains various nutrients needed in the process of growth and development of babies.

Based on the results of research, mothers' knowledge is mostly good but there is still less knowledge of working mothers about exclusive breastfeeding, thus it takes knowledge and awareness of mothers in exclusive breastfeeding. But to increase a mother's knowledge, mothers need to be given education or counseling about breast milk so that mothers better understand and understand deeply about breast milk because breast milk is very important for babies for baby's growth and development. From the table.2 shows that of the 21 respondents studied, 15 respondents (71.43%), and 6 respondents (28.57%) have a negative attitude.

According to Ahmadi (2007) Attitude is something that determines the nature, essence, both present and future actions. According to Azwar (2011), the emergence of attitudes is the influence of others who are considered important. In general, individuals tend to have attitudes that are conformist or in line with the attitudes of people they consider important. This tendency is motivated among others by the desire to affiliate and the desire to avoid conflict with the person considered important.

From the results of the study, the majority of respondents were positive in exclusive breastfeeding. A person's knowledge, views, thoughts will be the basis for the formation of attitudes. So by having good knowledge about exclusive breastfeeding, working mothers also have a positive attitude in terms of exclusive breastfeeding to their babies. Even though it works, mothers will still be able to exclusively give milk to babies by milking and stored in a special place for milk storage. After returning home from work, mothers can give the milk to their babies or store it in the freezer.

Based on the results of the Chi-Square analysis test showing a p value = 0.000 (p value < 0.05), then H1 is accepted, H0 is rejected, meaning that there is a relationship between the knowledge of working mothers and the mother's attitude in exclusive breastfeeding for infants aged 0-6 months. Knowledge is a collection of information obtained from experience or from birth, which makes a person know something (Hasanah, et al, 2021). Attitude according to psychologists is a form of evaluation or emotional reaction, a person's attitude towards an object is a feeling of support or partiality (favorable) or a feeling of unfavorability (unfavorable) (Azwar, 2011).

The deeper the knowledge gained, the wiser the mother will be in determining attitudes in making decisions. A knowledge-based attitude will have a positive impact on both mother and baby. From the results of the study, it shows that there are still working mothers who are less knowledgeable so that mothers' attitudes about exclusive breastfeeding are also less or negative. A mother needs to have knowledge about exclusive

breastfeeding so that mothers understand the benefits and ways of storing breast milk so that even though it works, mothers still want to give milk to their babies. Therefore, to increase the knowledge of working mothers about exclusive breastfeeding, it is necessary to hold health counseling by health workers at posyandu or health service places so that working mothers can be positive in providing breast milk to their babies.

CONCLUSION

From the results of the study, it was found that there was a relationship between the knowledge of working mothers and the mother's attitude in exclusive breastfeeding for infants 0-6 months.

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