

## Relationship Status Of Working Mothers With Breastfeeding Eksklusif In Infants Aged 7-12 Months At The Clinic Syahrudin

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### ABSTRACT

Exclusive breastfeeding is breastfeeding as early and as much as possible from birth to 6 months without additional fluids or other foods, even water. In other words, exclusive breastfeeding means only breast milk as the only food, without any additives. To determine the relationship between the Status of working mothers with exclusive breastfeeding in infants aged 7-12 months at the clinic syahrudin. This research is analytic using Accidental sampling with a population of 40 people the sample of researchers as much as 20 people. Pengelolahan data dengan cara Editing, Coding, Trasfering, Tabulating. MenunjuShows that there is a relationship between maternal age and exclusive breastfeeding in infants aged 7-12 months at the clinic syahrudin P-Value = 0.000. uShows that there is a relationship between working mother education and exclusive breastfeeding in infants aged 7-12 months at the syahrudin clinic P-Value = 0.000. And there is a relationship menunjubetween the type of work of mothers with exclusive breastfeeding in infants aged 7-12 months at the clinic syahrudin P-Value = 0.000. From the results of respondents there is a relationship of age with exclusive breastfeeding in infants aged 7-12 months with a P-value of 0.000. There hubungan is an educational relationship with exclusive breastfeeding in infants aged 7-12 months with a P-value of 0.000. And aDA relationship type of work with exclusive breastfeeding in infants aged 7-12 months with a P-value of 0.000. The results of this study are expected to increase knowledge about working mothers with exclusive breastfeeding in infants aged 7-12 months at the syahrudin clinic. So that working mothers know about the importance of exclusive breastfeeding for babies 7-12 months.

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## 1. INTRODUCTION

Children who are exclusively breastfed are 14 times more likely to survive the first six months of life than children who are not breastfed. Starting breastfeeding on the first day after birth can reduce the risk of newborn death by 45 %. Although the benefits of breastfeeding have been documented worldwide, only 39% of children under six months of age were exclusively breastfed in 2012. This global figure has only increased very slowly over the past few decades, in part due to low breastfeeding rates in some major countries, and a lack of support for breastfeeding mothers from the surrounding environment (UNICEF, 2013). Based on who statistical data in 2011, data obtained exclusive breastfeeding coverage in breastfeeding countries is still below 50%. Coverage of exclusive breastfeeding in India at 46 %, the Philippines 34%, Vietnam 27%, and Myanmar at 24% (WHO, 2011).

Data from the demographic and Health Survey of Indonesia in 2012 (SDKI 2012) shows that as many as 27% of babies in Indonesia are exclusively breastfed until the age of 4-5 months. Meanwhile, Basic Health Research data (Riskesda) 2013 showed, coverage of exclusive breastfeeding in Indonesia only reached 42 %. When compared with the target of the World Health Organization or WHO reached 50 %, then the figure is still far from the target (Riskesda, 2013).

Exclusive breastfeeding is one of the programs that is quite difficult to develop because it is related to various social problems in the community. The number of exclusively breastfed babies in Province D.I Yogyakarta in 2013, namely 16,055 babies or 66.7 %. The highest achievement of *Relationship Status Of Working Mothers With Breastfeeding Eksklusif In Infants Aged 7-12 Months At The Clinic Syahrudin*. Atika Pohan et.al

exclusive breastfeeding is in Sleman Regency with 80.6% coverage and the lowest achievement of exclusive breastfeeding is in Yogyakarta city with 51.6% coverage (Dinkes, 2013).

Several policies are set by the government to increase the coverage of exclusive breastfeeding in Indonesia. Government Regulation No. 33 of 2012 instructs local governments and the private sector to work together to support exclusive breastfeeding and early initiation of breastfeeding (IMD). Through this government regulation, the government formalized the right of women to breastfeed (including in the workplace) and banned the promotion of breast milk substitutes. Exclusive breastfeeding and IMD aims to meet the nutritional needs of infants and prevent malnutrition in toddlers (Ministry of Health, 2013).

Currently, the participation rate of female workers has increased from 48.63% to 49.52%. Data from the Central Bureau of Statistics shows that women workers now number 81.5 million people. There are still many breastfeeding mothers who work so they cannot give exclusive breastfeeding to their babies or are less optimal in giving exclusive breastfeeding (bps, 2014).

Most women work outside the home and often have to leave their families for several hours each day, disrupting breastfeeding for those who have just given birth. This is in accordance with the demands of life in big cities, where there is increasingly a tendency to increase the number of wives who actively work outside the home to help increase family income. Increased female labor is one of the obstacles in the success of the exclusive breastfeeding program, this is because maternity leave is only 12 weeks, of which 4 (four) weeks often have to be taken before giving birth. Thus, a working mother can only accompany her baby intensively for only 2 (two) months, including in breastfeeding her baby. After that, the mother must return to work and often the mother is forced to stop breastfeeding (Nugroho, 2011).

Based on Indonesian health profile data in 2014, the number of babies in Indonesia 0-6 months is 2,000,200 babies, while those who get exclusive breastfeeding are only 1,046,173 babies or 52.3%. The percentage of exclusive breastfeeding in infants 0-6 months in Riau Province in 2014 amounted to 55.7% with the number of infants 0-6 months 116,506 and who get exclusive breastfeeding only 64,897 babies while the target of achieving exclusive breastfeeding Riau province is 70%.

According to records from the Central Java provincial Health Office (Dinkes Jateng, 2014) in the province of Central Java in 2014 the percentage of exclusive breastfeeding in infants 0-6 months amounted to 60.7%. In Boyolali, the percentage of exclusive breastfeeding is 58.1%. Exclusive breastfeeding is influenced by various problems, among others, the incessant marketing of formula milk for babies 0-6 months and there are no medical problems related to formula feeding, the number of companies that employ women and do not provide opportunities for mothers who have babies 0-6 months to give exclusive breastfeeding, there is not much awareness from health workers to campaign it encourages to provide formula milk, lack of counselors about breastfeeding, and not the maximum education, advocacy socialization, and breastfeeding campaigns (Central Java Health Office, 2014).

Nationwide coverage of exclusive breastfeeding (ASI) 0-6 months in Indonesia fluctuated in the last six years, according to data Susenas exclusive breastfeeding coverage of 34.3% in 2009, 2010 showed that only 33.6% of our babies get breast milk, in 2011 the figure rose to 42% and according to SDKI in 2012 coverage Exclusive breastfeeding by 27%. According to the North Sumatra provincial Health Office coverage of exclusive breastfeeding in infants aged 0-6 months in 2013 was as much as 41.3% (North Sumatra Health Office, 2013).

Based on the results of a preliminary survey conducted by researchers in West Sukadamai Village, Pulo Bandring District mothers who breastfed infants aged 7-12 months, researchers conducted interviews with 10 mothers who breastfed infants aged 7-12 in West Sukadamai Village, Pulo Bandring District researchers found that 7 working mothers did not exclusively breastfeed infants aged 7-12 months. 3 working mothers give exclusive breastfeeding to babies aged 7-12 months. Based on the above background, the researcher is interested in getting the title of the study “relationship Status of working mothers with exclusive breastfeeding in infants aged 7-12 months in syahrudin clinic”.

## 2. METHOD

This type of research is *Cross Sectional* research. Then from these effects traced the cause of the variables that affect these consequences to determine the relationship Status of working mothers with exclusive breastfeeding in infants 7-12 months in the clinic syahrudin using primary data. The population of all ibu working mothers who give exclusive breastfeeding and who do not give exclusive breastfeeding in West Sukadamai Village is 40 people. In this study that will be sampled is part of the population, using the method of *Accidental Sampling*.

## 3. RESULTS AND DISCUSSION

### Univariate Analysis

#### Age

**Table 4.1** Age frequency distribution the Status of working mothers with exclusive breastfeeding for babies aged 7-12 months at the syahrudin clinic in 2021

No.	Age	Frequency	%
1.	(20-35 years old)	14	70
2.	(>35 years old)	6	30
	total	20	100

Based on Table 4.1 shows that of the 20 respondents in the get that the minority age (>35 years) as many as 6 respondents (30%), while the majority age (20-35 years) as many as 14 respondents (70%).

#### Education

**Table 4.2** Frequency distribution of Working Mother Status education with exclusive breastfeeding for babies aged 7-12 months at syahrudin clinic in 2021

No.	Education	Frequency	%
1.	Primary Education	7	35
2.	Higher Education	13	65
	Total	20	100

Based on Table 4.2 shows that from 20 respondents get that low education as many as 7 respondents (35%), while higher education as many as 13 respondents (65%).

#### Types Of Work

**Table 4.3** Frequency distribution type of work status of working mothers with exclusive breastfeeding for babies aged 7-12 months at syahrudin clinic in 2021

No.	Type Of Work	Frequency	%
1.	Does not work (IRT)	11	55
2.	Employed (self-employed, employee)	9	45
	total	20	100

Based on Table 4.3 shows that of the 20 respondents in the get that mothers do not work as many as 11 respondents (55%), while mothers work as many as 9 respondents (45%).

### Bivariate Analysis Results

To see the relationship Status of working mothers with exclusive breastfeeding in infants aged 7-12 months at the clinic syahrudin. Then performed bivariate analysis using Chi Square Test.

#### Relationship of age Status of working mothers with exclusive breastfeeding

**Table 4.4** Relationship age status of working mothers with exclusive breastfeeding in infants aged 7-12 months at Klinik syahrudin

Age	status of working mothers with exclusive breastfeeding in infants 7-12 months				Total	Total	p-value
	not breastfeeding		breastfeeding				
	F	%	F	%			
20-35 years	1	5	13	65	14	65	0.000
>35 years	6	30	0	0	6	35	
Total	7	35	13	50	20	100	

Based on Table 4.4 shows from 20 respondents with the age of the status of working mothers with exclusive breastfeeding in infants aged 7-12 months obtained that mothers aged 20-35 years with no exclusive breastfeeding in infants aged 7-12 months as much as 1orang (5%) and exclusive breastfeeding in infants aged 7-12 months as much as 13 people (65%). While mothers aged >35 years by not giving exclusive breastfeeding to infants aged 7-12 months as many as 6 people (30%) and giving exclusive breastfeeding to infants aged 7-12 months as much as 0 (0%).

Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai Village.

#### Relationship of education status of working mothers with exclusive breastfeeding

**Table 4.5** Relationship of Working Mother Status education with exclusive breastfeeding for infants aged 7-12 months at Klinik syahrudin

Education	status of working mothers with exclusive breastfeeding of infants aged 7-12 months						p-value
	not breastfeeding		breastfeeding		Total	Total	
	F	%	F	%	F	%	
low education	6	30	1	5	7	35	0.000
Higher Education	1	5	12	60	13	65	
Total	7	35	13	65	20	100	

Based on Table 4.5 shows from 20 respondents with education on the status of working mothers with exclusive breastfeeding in infants aged 7-12 months obtained that low education by not exclusive breastfeeding in infants aged 7-12 months as many as 6 people(30%) and exclusive breastfeeding in infants aged 7-12 months as much as 1 person (5%). While higher education by not giving exclusive breastfeeding to infants aged 7-12 months as much as 1 person (5%) and giving exclusive breastfeeding to infants aged 7-12 months as much as 12 (60%).

Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai Village.

#### Relationship type of work status of working mothers with exclusive breastfeeding

**Table 4.6** Relationship type of work status of working mothers with exclusive breastfeeding for infants aged 7-12 months at Klinik syahrudin

Type of work	status of mother working with exclusive breastfeeding in infants aged 7-12 months						p-value
	not breastfeeding		breastfeeding		Total	Total	
	F	%	F	%	F	%	
not working	0	0	11	55	11	55	0.000
working	7	35	2	10	9	45	
Total	12	35	8	65	20	100	

Based on Table 4.4 shows from 20 respondents with the type of work on the status of working mothers with exclusive breastfeeding in infants aged 7-12 months obtained that mothers do not work with no exclusive breastfeeding in infants aged 7-12 months as many as 0 People (0%) and exclusive breastfeeding in infants aged 7-12 months as many as 11). While working mothers do not give exclusive breastfeeding to infants aged 7-12 months as many as 7 people (35%) and give exclusive breastfeeding to infants aged 7-12 months as many as 2 (10%). Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai Village.

#### Discussion

##### Age relationship of working mothers with exclusive breastfeeding of infants aged 7-12 months in syahrudin clinic

Based on Table 4.4 shows from 20 respondents with the age of the status of working mothers with exclusive breastfeeding in infants aged 7-12 months obtained that mothers aged 20-35 years with no exclusive breastfeeding in infants aged 7-12 months as many as 1orang (5%) and exclusive

breastfeeding in infants aged 7-12 months as many as 13 people (65%). While mothers aged >35 years by not giving exclusive breastfeeding to infants aged 7-12 months as many as 6 people (30%) and giving exclusive breastfeeding to infants aged 7-12 months as much as 0 (0%).

Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai Village. Soetjningsih (2010) suggests that after the age of 30 years, there is a degeneration of the breast and milk-producing glands as a whole. Breast degeneration which has an impact on decreased milk production in mothers aged over 30 years causes mothers to experience less breast milk syndrome so as to provide complementary foods (Asmijati, 2010).

In terms of age, both respondents were over 30 years old, where 06 respondents were known to be 35 years old and 30 respondents were known to be 36 years old. In women over 30 years of age a decrease in milk production is natural. As stated by Soetjningsih (2006) women who are more than 30 years old will experience degeneration of the breast and milk-producing glands as a whole.

This may increase the risk of breast milk deficiency syndrome in mothers, thus encouraging mothers to provide complementary foods (William and Sears, 2011). In addition to being contrary to the mother's educational background, the low coverage of exclusive breastfeeding in this study also contradicts the characteristics of the mother's age. In this study, most or 83.9% of respondents are known to be 30 years old or less than 30 years old so that mothers are still in prime condition to breastfeed.

#### **Relationship of working mothers education with exclusive breastfeeding for infants aged 7-12 months in syahrudin clinic**

Based on Table 4.5 shows from 20 respondents with education on the status of working mothers with exclusive breastfeeding in infants aged 7-12 months obtained that the majority of low education with no exclusive breastfeeding in infants aged 7-12 months as much as 6 people (30%) and minority exclusive breastfeeding in infants aged 7-12 months as much as 1 person (5%). While the minority of higher education by not giving exclusive breastfeeding to infants aged 7-12 months as much as 1 person (5%) and the majority of exclusive breastfeeding to infants aged 7-12 months as much as 12 (60%).

Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai Village. According to research Salfina (2009) states that 75.6% of elementary school-educated mothers do not give exclusive breastfeeding to their babies because of lack of knowledge about exclusive breastfeeding. The low coverage of exclusive breastfeeding in this study is contrary to the characteristics of the mother's educational background. In this study, most or 60% of respondents mothers in this study known educational background elementary, junior high school. Only 40% are known to be highly educated.

Tan (2011) in his research revealed that low-educated mothers who are not college or university educated tend to give exclusive breastfeeding to their babies because low-educated mothers generally stay at home more often and spend time with their babies. In addition to being contrary to the educational background of the mother, the low coverage of exclusive breastfeeding in this study is also contrary to the characteristics of the mother's age. In this study, most or 83.9% of respondents are known to be 30 years old or less than 30 years old so that mothers are still in prime condition to breastfeed. Soetjningsih (2010) suggested that after the age of 30 years, there is a degeneration of the breast and milk-producing glands as a whole. Breast degeneration which has an impact on decreased milk production in mothers aged over 30 years causes mothers to experience less breast milk syndrome so as to provide complementary foods (Asmijati, 2010).

#### **The relationship between the type of work of mothers with exclusive breastfeeding in infants aged 7-12 months in klinik syahrudin**

Based on Table 4.4 shows from 20 respondents with the type of work on the status of working mothers with exclusive breastfeeding in infants aged 7-12 months obtained that mothers do not work with no exclusive breastfeeding in infants aged 7-12 months as many as 0 People (0%) and exclusive

breastfeeding in infants aged 7-12 months as many as 11). While working mothers do not give exclusive breastfeeding to infants aged 7-12 months as many as 7 people (35%) and give exclusive breastfeeding to infants aged 7-12 months as many as 2 (10%). Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai Village.

The results of this study are in line with the results of research Roshita (2011) and Handayani (2012). Roshita (2011) in her research also found a relationship between working mothers with exclusive breastfeeding in which working mothers tend not to breastfeed because of fatigue so that working mothers tend to give formula milk after the baby is 2 weeks old. As for Handayani (2012) in his research also found a relationship between working mothers with exclusive breastfeeding in which working mothers tend not to breastfeed because of fatigue and many time and distance restrictions in practicing exclusive breastfeeding. The difference between this study and the research results of Roshita (2011) and Handayani (2012) lies in the reason why mothers do not give exclusive breastfeeding. The results of the interview researchers found that respondents working mothers who do not breastfeed in this study are known not to breastfeed exclusively to their babies due to the absence of lactation room in the workplace and the main thing is that the price of milking equipment and supporting tools such as ice gel pack or cooler bag is too expensive for mothers. Thus, mothers tend not to give exclusive breastfeeding because of economic constraints to buy lactation management tools and the absence of lactation facilities in the office is not due to fatigue as found in research Roshita (2011) and Handayani (2012).

Of the 13 respondents of mothers who do not work or have IRT status, only 2 respondents of mothers who are known not to give exclusive breastfeeding are respondents 06 and 30. Based on the recognition of the two respondents to the researchers, they began to give 7 complementary feeding since the baby was 4 months old because the baby was constantly crying asking for breast milk so that the mother decided to give complementary feeding so that the baby can be full. Both respondents understand the importance of exclusive breastfeeding for infants, but complementary feeding is forced to be done because only complementary feeding can make babies stop crying and sleep soundly. Of the six respondents, 5 of them are known to work in the informal sector with *part-time working hours*, namely as landfill teachers who only teach in the afternoon, open stalls at home and as on-call Laundry workers. Respondents breastfeed their babies before going to teach TPA so that their baby's milk needs can be fulfilled without having to do milking because the mother's working hours are only 2.5 hours per day. Short working hours increase the interaction between the baby and the mother so that the mother has plenty of time to breastfeed and complete her domestic household chores (Roshita 2011). As for the other 1 respondent mother, namely R28 is known to work in the formal sector as an elementary school teacher with *full time working hours*. This respondent is the only respondent who does lactation management by milking every 3 hours in the school lactation room and then stored in the school refrigerator. This is in accordance with the opinion of Roesli (2009) which revealed that mothers who work *full-time* in the formal sector have a greater opportunity to do lactation management because female workers in the formal sector obtain lactation room rights to express milk every 3 hours.

#### 4. CONCLUSION

Based on the results of research and discussion of the relationship between the Status of working mothers with exclusive breastfeeding in infants aged 7-12 months in West Sukadamai village, it can be concluded that: Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant relationship between the age of the mother with exclusive breastfeeding in infants aged 7-12 months at the clinic syahrudin. Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be inferred that there is a significant relationship between education and exclusive breastfeeding in infants aged 7-12 months in the clinic syahrudin. Chi square test results obtained the value of P value = 0.000 then  $H_0$  accepted and  $H_a$  rejected which can be concluded that there is a significant

relationship between the type of work with exclusive breastfeeding in infants aged 7-12 months in the clinic syahrudin.

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