


Description Of Family Support In Providing Exclusive Breastfeeding Postpartum Mother At The Pratama Widuri Clinic Sleman

Riadinata Shinta Puspitasari¹, Yulia Adhistry², Sri Hartinah³

^{1,2,3}Program Studi Diploma Tiga Kebidanan Universitas Islam Mulia Yogyakarta

Article Info	ABSTRACT
Keywords: Exclusive breastfeeding, family support	Many breastfeeding mother still doubt that their breast milk will meet the baby's needs. Therefore, the role and support of the family (husband, parents, siblings) is needed in the continuation of breastfeeding (Suraeda, 2020). Family support is the external factor that has the greatest influence on the success of exclusive breastfeeding. The aim of this research is to determine the description of family support for postpartum mother in exclusive breastfeeding The method used was descriptive quantitative cross-section research design with a research sample of 32 respondents of postpartum mother who came to the Widuri Sleman Pratama Clinic selected using accidental sampling. The instrument used was the family support questionnaire from Ulfah Putri Utami. Data analysis in this study was univariate analysis. The results obtained by postpartum mother who received family support were 75.00%. At the age of 20-35 years as much as 90.63%. High school / vocational high school education as much as 84.38%. Multiparous mother were 59.38%. Mother who did not work were 71.88%.
This is an open access article under the CC BY-NC license 	Corresponding Author: Riadinata Shinta Puspitasari Program Studi Diploma Tiga Kebidanan Universitas Islam Mulia Yogyakarta riadinata.shinta@uim-yogya.ac.id

INTRODUCTION

Many breastfeeding mothers still doubt that the breast milk they produce will meet the baby's needs. Therefore, the role and support of the family (husband, parents, siblings) is really needed in the continuity of mothers providing breast milk (Suraeda, 2020). Family support is the external factor that has the greatest influence on the success of exclusive breastfeeding. Having family support, especially the husband, will have an impact on increasing the mother's self-confidence or motivation in breastfeeding (Puspitasari and Sasongko, 2020). Coverage of exclusive breastfeeding in DIY province in 2022 is highest in Sleman Regency with a percentage of 87.3% followed by Kulon Progo Regency 84%, Bantul Regency 83.3%, Gunung Kidul Regency 79.0% and the lowest is in Yogyakarta City with a percentage of 76.8% (DIY Health Profile, 2023). The results of Isna Fariyah's research (2018) showed that the majority of respondents received family support in providing exclusive breastfeeding to their babies, namely 49 respondents (50.5%) and a minority of families did not support giving exclusive breastfeeding to their babies, namely 48 respondents (49.5%) . Family support in providing exclusive breastfeeding was also

researched by Pratiwi (2022), of the 60 respondents, 76.6% received support from the family, while 13.3% of respondents did not support exclusive breastfeeding. Based on the problems above, researchers are interested in conducting research with the title Description of Family Support for Postpartum Mothers in Exclusive Breastfeeding at the Pratama Widuri Clinic, Sleman.

METHOD

The research design used in this research uses a quantitative descriptive method, a cross-section research design. The sample using the accidental sampling method was postpartum mothers who were breastfeeding in January-March 2024 who came to the Pratama Widuri Clinic research site to carry out BCG immunization on their babies and had filled in the questionnaire provided, namely 37 people. Univariate analysis in this study was to determine the description of family support for postpartum mothers in providing exclusive breastfeeding.

RESULTS AND DISCUSSION

Result

Characteristics of Postpartum Mothers in Exclusive Breastfeeding at Pratama Widuri Clinic Based on Age

Table 4.1 Characteristics of Respondents Based on Age

Age Characteristics	Frequency	%
< 20 Years	0	0.00
20 - 35 Years	29	90.63
> 35 Years	3	9.38
Total	32	100.00

Source: Processed Primary Data (January-March, 2024)

Based on table 4.1, it shows that of the 32 respondents, the majority were 90.63% (29 respondents) aged 20-35 years, >35 years were 9.38% (3 respondents), and there were no respondents aged <20 years.

Characteristics of Postpartum Mothers in Exclusive Breastfeeding at Pratama Widuri Clinic Based on Education

Table 4.2 Characteristics of Respondents Based on Education

Educational Characteristics	Frequency	%
Elementary & Middle School	1	3.13
SMA/SMK	27	84.38
PT	4	12.50
Total	32	100.00

Source: Processed Primary Data (January-March, 2024)

Based on table 4.2, it shows that of the 32 respondents, 84.38% (27 respondents) had a high school/vocational school education, 3.13% had an elementary and middle school education (1 respondent), and 12.50% had a tertiary education (4 respondents).

Characteristics of Postpartum Mothers in Exclusive Breastfeeding at Pratama Widuri Clinic Based on Parity

Table 4.3 Characteristics of Respondents Based on Parity

Parity Characteristics	Frequency	%
Primipara	13	40.63
Multiparous	19	59.38
Grandemultiparous	0	0.00
Total	32	100.00

Source: Processed Primary Data (January-March, 2024)

Based on table 4.3, it shows that of the 32 respondents, 59.38% (19 respondents) were multipara, 40.63% (13 respondents) were primipara, and there were no respondents with grandemultipara parity.

Characteristics of Postpartum Mothers in Exclusive Breastfeeding at Pratama Widuri Clinic Based on Occupation

Table 4.4 Characteristics of Respondents Based on Occupation

Job Characteristics	Frequency	%
Work	9	28.13
Doesn't work	23	71.88
Total	32	100.00

Source: Processed Primary Data (January-March, 2024)

Based on table 4.4, it shows that of the 32 respondents, it was found that the majority of 71.88% (23 respondents) were not working and 28.13% (9 respondents) were working.

Family Support for Postpartum Mothers in Exclusive Breastfeeding

Table 4.5 Characteristics of Respondents Based on Family Support

Family Support	Frequency	%
Support	24	75.00
Less Supportive	8	25.00
Total	32	100.00

Source: Processed Primary Data (January-March, 2024)

Based on table 4.5, it shows that of the 32 respondents , 75.00% (24 respondents) received support from their families and 25.00% (8 respondents) received less support from their families.

Discussion

Based on table 4.4, there are other causes deaths at Panembahan Senopati Regional Hospital in 2021 – 2022 Of the other causes, a small part is pneumonia 9 cases (16%), Covid – 19 3 cases (65%), babies with hypothermia 2 cases (4%), RDS (respiratory distress syndrome) or dysfunction respiratory problems in neonates there were 2 cases (4%), Hyperbilirubinemia 2 cases (4%), and there are several causes with each each , namely 1 case (2%) including the effect of VE (Vacuum Extraction), HMD (*Hyaline Membrane*

Disease) or disorders breathing in neonates, *Distress Respiration* , Pulmonary Edema cardiogenic and SAM (Meconium Aspiration Syndrome)

Family support is verbal or non-verbal information, advice, real help or behavior provided by people who are familiar with the subject in their environment or in the form of presence and things that can provide emotional benefits. Family support influences the recipient's behavior . So family support can be a factor in the success of exclusive breastfeeding. Things that influence family support include gender, age, education level, employment (Anggraini, 2020).

The results of this research show that of the 32 respondents, it was found that the majority of respondents received support from their families, 75.00 % (24 respondents) and 25.00% (8 respondents) received less support from their families. Research conducted by Pratiwi (2022), is in line with the results of this research. In Pratiwi's (2022) research, it was found that from a total of 60 respondents, it was found that 76.6% (52 respondents) received support from the family, while only 13.3% (8 respondents) received less support from the family in providing exclusive breastfeeding. Kebo et al (2021) say that family support can build a mother's self-confidence, which is important in successfully providing breast milk to her baby. Family support contributes to maternal behavior for exclusive breastfeeding in the form of informational support, instrumental support, assessment support and emotional support.

The results of this study showed that 8 respondents' families did not support postpartum mothers in providing exclusive breastfeeding. This can be seen from several questions in the questionnaire that have been filled in by respondents. Some of these questions include question number 2 which contains the family's attention to postpartum mothers when their breasts hurt due to breastfeeding. In this question, 2 respondents said that their families sometimes pay attention when the mother's breasts hurt due to breastfeeding. Question number 4 was about family praise for postpartum mothers who took part in counseling about exclusive breastfeeding. In this question, 4 respondents said that their families sometimes, rarely and some even never gave praise to the mother. Question number 5 was about families who gave formula milk to babies when the mother was not at home. 4 out of 8 respondents whose families did not support exclusive breastfeeding said that their families also provided formula milk when the mother was not at home. Question number 6 was about families who wake up at night when the baby cries, 3 out of 8 respondents stated that their family rarely or even sometimes wake up at night if the baby cries. As for questions number 10, 11 and 12, 1 out of 8 respondents said that their families had never provided support in providing exclusive breastfeeding.

CONCLUSION

This study aims to description of family support for postpartum mother in exclusive breastfeeding. And The results is the majority of postpartum mother who filled out the questionnaire at Widuri Sleman Primary Clinic received family support in exclusive breastfeeding with a total of 70% of all respondents. It is hoped that the research results

can be used as a source of information in implementing the management of family support for postpartum mothers in providing exclusive breastfeeding to babies.

REFERENCES

- [1] Afrinis, Nur, et al. 2020. The Relationship Between Mother's Knowledge About Lactation Management and Family Support with Exclusive Breastfeeding in Infants Aged 0-6 Months. Volume 4, Number 2, October 2020.
- [2] Amin, NA., S. Garancang, and K. Abunawas. 2023. General Concept of Population and Sample in Research. Volume 14, No. 1, June 2023.
- [3] Ampu, MN. 2021. The Relationship Between Mother's Education Level and Exclusive Breastfeeding in Infants at Neomuti Health Center in 2018. Vol.2 No. 12 July 2021.
- [4] Anggraini, Novita. 2020. The Relationship Between Family Support and Mother's Motivation in Exclusive Breastfeeding in Infants Aged 1-6 Months During the Pandemic in Sidotopo Wetan Village, Surabaya. Thesis. STIKES Hang Tuah Surabaya. Surabaya.
- [5] Bahrah, H. Romadhoni, and Sl. Mintaningtyas. 2021. Family Support with Exclusive Breastfeeding at Mojosari Health Center, Mojokerto Regency. Pekalongan: PT Nasya Expanding Management.
- [6] BPS. 2023. Percentage of Infants Under 6 Months Who Receive Exclusive Breastfeeding by Province (Percent), 2020-2022. <https://www.bps.go.id/indicator/30/1340/1/persentase-bayi-usia-kurang-dari-6-bulan-yang-mendapatkan-asi-eksklusif-menurut-provinsi.html>.
- [7] Dinkes. DIY. 2023. Widuri Clinic Innovation: Integration of TB Screening in Electronic Medical Records. <https://dinkes.jogjaprov.go.id/berita/detail/inovasi-klinik-widuri-integrasi-skrining-tbc-dalam-elektronik-medical-record>.
- [8] Yogyakarta City Health Office. 2023. Yogyakarta City Health Profile 2023. Yogyakarta: Yogyakarta City Health Office.
- [9] Efriani, R and DA. Astuti. 2020. Relationship between age and occupation of breastfeeding mothers with exclusive breastfeeding. Vol 9, No 2 (2020), 153-162.
- [10] Eka, W. 2019. CHAPTER III Method <https://eprints.uny.ac.id/18590/4/BAB%20III.pdf>. Research.
- [11] Fikriansyah, Ilham. 2023. Questionnaire Is a Data Collection Method Know the Types and Examples. <https://www.detik.com/bali/berita/d-6580991/kuesioner-adalah-metode-pengumpulan-data-ketahui-jenis-dan-contohnya>.
- [12] Gemilang, Surya Wilis. 2020. The Relationship Between Age, Education, and Occupation with Exclusive Breastfeeding. Thesis. Muhammadiyah University of Surakarta, Surakarta.
- [13] Hairini, Lizka. 2020. The Relationship Between Type of Delivery and Parity with Failure of Exclusive Breastfeeding in the Work Area of the Sampaja Health Center.I. Poltekes Ministry of Health of East Kalimantan.
- [14] Kasmiasi. 2023. Postpartum Midwifery Care. Malang: CV. Literasi Nusantara Abadi.

- [15] Kastori, Rina. 2023. Definition of Social Support According to Experts. <https://www.kompas.com/skola/read/2023/06/12/140000869/pengertian-dukungan-sosial-menurut-ahli?page=all>.
- [16] Kebo, Sesilia Sherly et all. 2021. Factors Influencing Exclusive Breastfeeding for Infants at the Ilebura Health Center. Volume 5, No. 3, July 2021
- [17] Maulid, Reyvan. 2022. Understanding Data Analysis. <https://dqlab.id/teknik-analisa-data-tujuan-cara-dan-prosedur-analisa>.
- [18] Muhti, Isna Farihah. 2020. The Relationship between Family Support and the Duration of Exclusive Breastfeeding. Volume 5 No. 2
- [19] Nurhayati, Ulfa, and IMY. Indriawan. 2019. Parity and Tendency of Post-Placental IUD Positioning Complications. Page 3.
- [20] Nurjannah, SN., AS. Maemunah, and DL. Badriah. 2020. Postpartum Midwifery Care. Bandung: PT Refika Aditama.
- [21] Polwandari, F and S. Wulandari. 2021. Overview of Age, Parity, Education Level, Employment Status, Husband's Support and Mother's Knowledge Level in Exclusive Breastfeeding. Volume 8 No. 1 (2021).
- [22] Pratiwi, Amaliyah. 2022. Overview of Family Support for Exclusive Breastfeeding in the Langsung Health Center Work Area. Final Project. Riau Ministry of Health Polytechnic. Riau.
- [23] Purnamasari, Desy, and RN. Khasanah. 2020. The Relationship between Parity and Exclusive Breastfeeding at the Banyuwangi Counseling House in 2020. Volume 9 No.1 December 2020
- [24] Purwaningsih, A. 2022. The Relationship between Husband's Support and Family Support with Breastfeeding During the Postpartum Period in the Baturetno 1 Health Center Work Area, Wonogiri Regency. Thesis, Kusuma Husada University Surakarta, Surakarta.
- [25] Puspitasari, LA. and HP. Sasongko. 2020. The Relationship Between Husband's Support and Mother's Motivation in Providing Exclusive Breastfeeding in the Wonosobo Health Center Work Area, Srono District, Banyuwangi. Vol. 07 No. 01 January 2020.
- [26] Putra, Gusti Jhoni. 2020. Support for Diabetic Foot Ulcer Patients. Sidoarjo: Oksana Publishing.
- [27] Putra, DA. 2022. Mean is the Average Value, These are the Types, Formulas, and Examples of Questions. <https://katadata.co.id/agung/berita/6358cbeabcdf7/mean-adalah-nilai-rata-rata-ini-jenis-rumus-dan-contoh-soalnya>.
- [28] Rahayu, KD., and SH. Wuryaningsih. 2019. Family Support in Providing Exclusive Breastfeeding.