

Original Research

Overview of Mrs. Primipara's level of knowledge about exclusive breastfeeding in the working area of the Bowong Cindea Pangkep Health Center

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Abstract

Background: Lack of maternal knowledge about the benefits of breastfeeding and lactation from pregnancy to childbirth

Objective: This study aims to determine the picture of the level of knowledge of primipara mothers about exclusive breastfeeding in the working area of the bowong cindea Pangkep health center.

Methods: This research is a type of quantitative research with a *descriptive design of survey methods*, which was carried out on August 3-29, 2022 and the samples used in this study were 71 samples obtained by the *simple random sampling method*, with data collection using questionnaires.

Results: Based on the results of data analysis, it was found that from 71 respondents, based on the age of most respondents aged 17-25 years, as many as 45 people (63.4%). Based on education, most respondents had junior high school education as many as 24 respondents (33.8%). Based on occupation, IRT was 46 respondents (64.8%).

Conclusion: The level of knowledge of primipara mothers about exclusive breastfeeding in the working area of the bowong cindea Pangkep health center. Most of the knowledge level is less at 48 people (67.6%).

Keywords: Exclusive Breastfeeding; Knowledge; Primiparous Mother

Introduction

Exclusive breastfeeding or breastfeeding according to the World Health Organization (WHO) is not giving the baby any other food or drink, including water, other than breastfeeding or except medicines and vitamin or mineral drops; Dairy milk is also allowed. According to Government Regulation Number 33 of 2012, exclusive breastfeeding is breast milk given to infants since birth for 6 (six) months, without adding and/or replacing with other foods or drinks (Sarumpaet, 2021)

Breast milk (ASI) is the first liquid food produced naturally by the mother's breast. Breast milk contains a variety of needed nutrients that are uniquely formulated in the mother's body to ensure the baby's growth and development process. In addition to providing complete nutrition for a child, breast milk also provides protection to babies from infections and illnesses of infants. Breast milk is an emulsion of fat in a solution of protein, lactose and inorganic salts secreted by the mother's mammary gland, which is useful as food for her baby. Breast milk in sufficient quantities is the best food for babies and can meet the needs of babies up to the first 6 months. Breast milk is the first and main natural food for babies so as to achieve optimal growth and development (Nanik Royaningsig, 2018)

Primiparous mothers as women who have completed a pregnancy with a surviving baby or women who have children for the first time and have just become a mother. Some primiparous mothers usually have the desire to give birth to a baby that is free from interference, so this will motivate mothers to seek knowledge about maternal care, one of which is how to give breast milk correctly (Susilawati, 2018)

Primiparous mothers often experience breast problems such as swollen and painful breasts, abrasions on the nipples, reduced milk production, fatigue and drowsiness due to breastfeeding, and still little experience in the breastfeeding process. In addition, sometimes the mother stops breastfeeding. Mother's lack of knowledge about the benefits of breastfeeding and lactation from pregnancy to childbirth will have an impact on behavior towards exclusive breastfeeding which is influenced by the mother's attitude. In working and non-working mothers, there is also an influence or difference in the success of

exclusive breastfeeding, although it is inseparable from family support and other factors, this success greatly affects the achievement rate of exclusive breastfeeding which is relatively low (Ningsih, 2020)

The coverage of exclusive breastfeeding that is still low based on the level of knowledge can affect the attitude of mothers in exclusive breastfeeding. The obstacles experienced by mothers in providing exclusive breastfeeding, especially for working mothers, are due to the distance of working places from home, facilities where breastfeeding is lacking in the workplace, the type of work and working environment conditions that are less supportive and the low implementation of reproductive health rights for female workers while there are mothers who do not work, exclusive breastfeeding can be maximized. Exclusive breastfeeding can be beneficial to protect the baby from infection and prevent deficiency of blood sugar levels in infants. For mothers themselves, breastfeeding can accelerate the process of natural uterine reduction, reduce the danger of postpartum bleeding and increase postpartum fertility (Ningsih, 2020)

In countries that have conducted national surveys related to exclusive breastfeeding get the percentages of exclusive breastfeeding are still quite low, as in Canada exclusive breastfeeding for 6 months is 13.8 percent, while in America it is only 10 percent. In Singapore, a survey conducted on three ethnicities, namely Chinese, Malays and Indians, received a fairly low coverage of 21.1 percent even though in the first month of breastfeeding the percentage was quite high (Safitri & Puspitasari, 2018). While in Indonesia (Risksdas) in 2018 shows only 57 percent of babies who get breast milk or breast milk within one hour after birth. (Ministry of Health of the Republic of Indonesia) (Risksdas, 2018.)

South Sulawesi Province the prevalence of stunting infants in 2015 was 34.1%, in 2016 it was 35.7% and in 2017 it was 34.8%. While in South Sulawesi Province, Pangkep Regency is one of the 10 Stunting Districts along with Enrekang, Bone, Tana Toraja, North Toraja, Selayar Islands, Gowa, Pinrang, Sinjai, and Takalar Regencies. The prevalence of stunting in Pangkep Regency in 2015 was 44.3% or around 68 cases. Based on data from the Pangkep Regency Health Office, the results of the recap of the nutritional status of stunting toddlers from January 1 to October 31, 2019, found that 40.2% of stunting toddlers in Bowong Cindea Village consisted of 37 very short and 49 short so that a total of 86 stunting toddlers were totaled, while based on data obtained from the Bowong Cindea Health Center in 2019, there were 75 stunted toddlers, of which 32 toddlers were very short and 43 toddlers were short. Stunting is caused by multi-dimensional factors and is not only caused by malnutrition experienced by pregnant women and children under five. Some of the factors that cause stunting in the form of poor parenting include breastfeeding and MP-ASI, limited ANC, PNC health services and quality early learning including lack of mothers taking supplements during pregnancy, the level of attendance of children at posyandu, lack of immunization in children and not registering children in ECCE services, lack of access to nutritious food and lack of clean water and sanitation. There are several other external factors that cause stunting such as educational, economic, social and cultural factors (Community, 2020)

Observations of initial data collection that have been carried out by researchers in the working area of the Bowong Cindea Health Center from interviews with 15 respondents. Mothers who gave exclusive breastfeeding were 4 people, 4 mothers gave breast milk for two months only on the grounds that the mother had to return to work and 5 respondents only breastfed for 1 month on the grounds that the mother's milk did not come out smoothly so that the baby was given formula milk, while 2 respondents did not understand exclusive breastfeeding correctly.

Based on the above background, the researcher is interested in conducting research on "Overview of the level of knowledge of Primipara mothers about exclusive breastfeeding".

Methods

Study Design

The type of research used in this study is quantitative with a descriptive research design survey method. Descriptive research is research to see a picture of phenomena that occur in a particular population. The survey method is research that takes samples from one population and uses questionnaires as a basic data collection tool. In the health sector, this descriptive research is used to describe or describe health problems that occur in the community (Zalukhu, 2021). This study will describe how the picture of primiparous mothers' knowledge about exclusive breastfeeding in the Working Area of the Bowong Cindea Health Center.

Samples/Participants

Population is the entire population of the study or object of study. The population in this study was all primiparous mothers who breastfed babies in the working area of the Bowong Cindea health center as many as 86 people.

The method used is the *simple Random Sampling method*, namely all primipara mothers who breastfeed in the working area of the Bowong Cindea health center who are randomly drawn (Boangmanalu, 2021).

Instruments

The instrument used in the study was a questionnaire. Questionnaire that includes respondent data, knowledge about exclusive breastfeeding.

Data Collection

This data collection process begins with permission from the faculty in the form of a letter to conduct an initial survey in a targeted place to be used as a research site. After getting the appropriate place and matching the problem raised, the researcher prepares several research instruments to be raised.

Data Analysis

Analysis of research data using univariate analysis. Univariate analysis aims to see the frequency and percentage distribution of each variable studied. The variable to be analyzed is the variable of primiparous mother's knowledge about exclusive breastfeeding.

Ethical Considerations

This research has been approved by the ethical institute of Megarezky University Makassar

Results

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Frequency distribution of characteristics of primipara mothers in the working area of the Bowong Cindea Pangkep health center.

Based on table 1, it can be seen that the frequency distribution of respondent characteristics based on the age of most respondents aged 17-25 years, which is as many as 45 respondents (63.4%). Based on education, most of the respondents had a junior high school education, as many as 24 respondents (33.8%). Based on work, IRT was 46 respondents (64.8%).

Table 1 Characteristics of Respondents based on Age, Education, Occupation of primipara mothers in the Working Area of the Bowong Cindea Pangkep Health Center.

Gambaran Umum Karakteristik Responden	(n)	(%)
Umur		
17-25 (adolescence akhir)	45	63.4
26-35 (adulthood beginning)	22	31.0
36-45 (Adulthood end)	4	5.6
Tingkat pendidikan		
No school	6	8.5
SD	12	16.9
SMP	24	33.8
SMA	23	32.4
College	6	8.5
Pekerjaan		
IRT	46	64.8
PNS	5	7.0
Private officer	7	9.9
Wiraswasta	12	16.9
Farmer/Fisherman	1	1.4
Total	71	100

Source: Primary Data

Knowledge

Based on the results of the research that has been carried out with the title Overview of the Level of Knowledge of Primipara Mothers About Exclusive Breastfeeding in the Working Area of the Bowong Cindea Pangkep Health Center, the results of the frequency distribution were obtained using a descriptive design and divided into two categories, namely Good, Poor. From table 2, it can be seen that the frequency distribution of respondents is based on primipara mothers' knowledge of exclusive breastfeeding in infants with a lack category of 48 respondents 67.6%.

Table 2 Frequency Distribution of Knowledge of Primipara Mothers in the Working Area of the Bowong Cindea Pangkep Health Center

Knowledge of Breast Milk Categories	(n)	(%)
Good	23	32.4
Less	48	67.6
Total	71	100

Source: Primary Data

Discussion

Based on the results of research that has been conducted on "Overview of the Level of Knowledge of Primipara Mothers About Exclusive Breastfeeding in the Working Area of the Bowong Cindea Pangkep Health Center", the results obtained with maternal knowledge about exclusive breastfeeding shown in table 4.2 illustrate that at the level of knowledge of the majority of mothers with knowledge less than 48 respondents 67.6%.

Based on the results of the study, it was found that the level of knowledge of mothers in the category was less than 48 respondents 67.6%. This is due to the low education of mothers that affects their knowledge about exclusive breastfeeding. The results showed that most respondents (33.8%) with junior high school education caused a low understanding of exclusive breastfeeding. Meanwhile, based on the age of respondents, most respondents were aged 17-25 years (63.4%). This is because age affects knowledge of one's comprehension and mindset in obtaining good information and knowledge, because the more mature a person is, the more his grasp and mindset develop. The results also showed that most respondents (64.8%) worked as IRTs. This is because IRT is busy with domestic work so that it lacks information and the mother's lack of ability to understand the information received, thus affecting knowledge about exclusive breastfeeding.

This is in line with research conducted by Zalukhu (2021) which says that maternal knowledge about exclusive breastfeeding is lacking due to education, low education can affect low levels of knowledge. Based on age, it is comparable to the results of research conducted by Ningsihi (2020) which states that the older a person is, the more knowledge or knowledge a person gets from his own experience or experience obtained from others. Meanwhile, based on work in line with the results of research conducted by Legy (2021) which states that the higher a person's workers, the easier it is to get information.

Based on the results of the study, it was found that the level of knowledge of mothers in the good category was 23 respondents 32.4%. This is due to the high level of S1 education as many as 6 people (8.5%) where the higher a person's education, the easier it is to receive information and knowledge both from other people and the mass media. From the results of the study, it was also obtained (9.9%) with 7 jobs as private employees and 5 civil servants (7.9%). This is because the better a person's job, the easier it is to get or receive good information and knowledge.

This is in line with research conducted by Hasrat (2019) which states that the higher a person's education, the more experience and knowledge mothers gain about exclusive breastfeeding. Based on work in line with research conducted by Hasrat (2019) which says that the higher a person's work eats, the easier it is to find various sources of information so that good knowledge can be formed.

Conclusion

The level of knowledge of primipara mothers about exclusive breastfeeding in the working area of the bowong cindea Pangkep health center. Most of the knowledge level is less at 48 people (67.6%).

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