KLASICS
Kendari Journal of Maritime and Holistic Nursing
https://stikesks-kendari.e-journal.id/K
Volume 03 | Number 02 | July | 2023
E- ISSN: 2774-6577

The Relationship of Mother's Perception Of Exclusive Breast Feeding at Pomalaa Health Center

Muliani[1], Cholic Harun Rosjidi[2], Ellyani Abadi[3], Muhammad Uksim[4]
[1,2] Nursing Science Program, STIKes Karya Kesehatan, Kendari, Indonesia
[3] Nutrition Science Program, STIKes Karya Kesehatan, Kendari, Indonesia
[4] Nursing Diplom III Program, STIKes Karya Kesehatan, Kendari, Indonesia

Corresponding Author
Ellyani Abadi
BTN. Griya Permata Lampareng Blok D/7. Anduonohu, Kendari, Indonesia
E-mail: ellyaniabadi@gmail.com

Keywords: Exlusive Breast Feeding, Mother, Perception

Abstract. *The number of exclusive breastfeeding globally, although there has been an increase, this number has not increased significantly. One of the factors that influence exclusive breastfeeding is the value or attitude of the mother. The purpose of this study was to determine the relationship between mothers' perceptions and exclusive breastfeeding at the Pomalaa Health Center. This research was carried out at the Pomalaa Health Center in June 2022 involving a sample of 51 respondents. The sampling technique used is the Saturated Sampling technique. Data collection used a research instrument in the form of a questionnaire. Data were analyzed using the chi-square test with the help of a computer. The results showed that 21 people (41.2%) gave exclusive breastfeeding and 30 people (58.8%) did not and 25 people (49%) had good perceptions and 26 people (51 %) had poor perceptions and there was a relationship between mothers' perceptions of exclusive breastfeeding in the working area of the Pomalaa Health Center based on a ρ value of 0.001 (<0.05). It is recommended that mothers add insight regarding the benefits of exclusive breastfeeding for both children and mothers*

Introduction

Breast Feeding is the best food for babies it is beneficial for the growth and development of babies and mothers without a doubt, starting from preventing the risk of breast cancer, and uterine cancer to other diseases which can increase intelligence, increase life expectancy, and reduce the risk of children getting sick. diabetes and obesity. Breastfeeding is important because it is the basis for the health and development of infants and children[1].

The number of exclusive breastfeeding globally, although there has been an increase, this figure has not increased significantly, namely around 44% of infants aged 0-6 months worldwide who received exclusive breastfeeding during the 2015-2020 period from the 50% target of exclusive breastfeeding[2].

In Indonesia, in 2020, the recall results amounted to 3,196,303 babies aged less than 6 months, of which 2,113,564 received exclusive breastfeeding or around 66.1%.

Data on the coverage of babies who are breastfed in Southeast Sulawesi while being breastfed is 74.5% and as much as 90% have been breastfed[3]. While in Kolaka in 2020 the coverage of exclusive breastfeeding reaches 70% of the number of babies <6 months of 1,755 babies[4].

The main cause of the failure of exclusive breastfeeding in the world is because the mother feels that her milk is not enough to meet the baby's [5]. It is estimated that 80% of mothers who give birth can produce enough milk for their baby's full needs without additional food during the first 6 months[6]. One of the factors that influence exclusive breastfeeding is the value or attitude of the mother such as breastfeeding changing the shape of the breast, breastfeeding making it difficult to lose weight, small breasts do not produce milk, dry milk, insufficient milk because the baby drinks a lot so the mother gives formula milk to the baby[7]. This perception causes their child not to be given breast milk and the mother is afraid that her child will look thin, not grow and develop optimally because she does not eat enough [8].

Perception occurs when a stimulus activates an emotion, or perception can be misinterpreted in situations where there is an imbalance of knowledge about objects, symbols, or people. This perception will influence the formation of attitudes and behavior in the community[9]. The guess that comes to the mind of the mother is that there is not enough milk product to meet the needs of the baby. Often because of the negative perceptions and opinions that mothers receive, mothers start giving supplements to their babies before the age of 6 months. Mothers must be optimistic that the more mother's milk, the more milk will be produced to meet the baby's needs[10].

Research conducted by Ardhita in 2012 that there is a relationship between perception and exclusive breastfeeding for mothers who work in the Wirogunan Village, Yogyakarta City, although the relationship is very low[11]. Previous research conducted by Rahayu in 2016 showed that the encouragement or motivation of mothers to breastfeed is an external factor that encourages mothers to do or not to do exclusive breastfeeding and the influence of modifying factors that hinder or support mothers in giving breast milk[12].

The number of breastfeeding mothers at the Pomalaa Health Center, the number of mothers giving exclusive breastfeeding in 2019 was 146 people, in 2020 there were 258 mothers out of 598 mothers gave birth (48.16%), and in 2021 there were 208 mothers out of 614 mothers who gave birth (33.87%), while in January 2022 there were 31 out of 51 people who gave birth (60.78%)[13].

Preliminary interviews were conducted by researchers with 5 mothers who had given birth 3 of them did not give exclusive breastfeeding and gave formula milk because the mother had the perception that her milk production was lacking while 2 others gave exclusive breastfeeding due to the mother's perception that the mother's milk production was sufficient for the baby. Based on this background, the purpose of this study was to determine the relationship between mother's perceptions and exclusive breastfeeding at the Pomalaa Health Center.

Method

This type of research is quantitative using a Cross Sectional Study approach. This research was carried out in the Working Area of Pomalaa Health on May 2 June 2022. The population in this study was all mothers who had babies 6-12 months at the Pomalaa Health Center in 2022 as many as 51 people and the sample was mothers who had babies 6-12 months. 12 months at the Pomalaa Health Center in 2022 as many as 51 people. The side technique uses saturated sampling. Data were collected using a questionnaire and analyzed using the chi-square test.

Results And Discussion

Characteristics respondent

Characteristics respondent shows that based on the age of the respondents, 22 people (43.1%) were dominated by respondents aged between 26-30 years and at least 7 people (13.7%) aged between 36-40 years. Based on their last education, the majority of respondents had completed high school education as many as 28 people (54.9%) and at least D3/S1 as many as 2 people (3.9%).

Table 1 Frequency Distribution of Respondents based on Respondent Characteristics in the Work Area of the Pomalaa Health Center

Respondent Characteristics	n	%
Age		
20-25 years old	10	19,6
26-30 years old	22	43,1
31-35 years old	12	23,5
36-40 years old	7	13,7
Last Education		
elementary school	4	7,8
Junior high school	17	33,3
diploma three / Degree one	2	3,9

Source: Primary data, 2022

The research variables in this study consisted of exclusive breastfeeding and perceptions which can be presented in the following table.

Table 2 Frequency Distribution of Respondents based on Research Variables at the Pomalaa Health Center

Research Variabel	n	%
Exclusive Breastfeeding		
Yess	21	41,2
No	30	58,8
Perception		
Good	25	49
Less	26	51

Source: Primary data, 2022

The results of this study indicate that there were 21 people (41.2%) who gave exclusive breastfeeding where the respondents did not give food or drinks such as formula milk, honey, or water to their babies for 6 months while 30 other people (58.8%) did not give Exclusive breastfeeding where the respondent gives breast milk to their baby but also gives formula milk and bananas.

Research conducted by Hamidah, et al in 2020 that the distribution of exclusive breastfeeding as many as 20 respondents (60.6%) gave exclusive breastfeeding and as many as 13 respondents (39.4%) did not give exclusive breastfeeding but the results of the study found that most mothers gave exclusive breastfeeding[14]. Exclusive breastfeeding coverage at the Mergangsan Health Center is still lacking because there are still many mothers who do not give exclusive breastfeeding[15]. Another study also showed that 31 people (44.3%) gave good exclusive breastfeeding and 39 people (55.7%) did not do well, where more than half were caused by the respondent's knowledge and attitude that was not good at 38.6%[16]. The theory states that several factors influence mothers to provide additional food such as formula milk to infants aged 0-6 months, including infant health factors, maternal health factors, knowledge factors, occupational factors, health worker factors, cultural factors, lifestyle and economic factor[17].

Based on the results of the study, researchers assume that exclusive breastfeeding by mothers to babies properly is caused by the husband's support from various aspects including emotional support, always informing about the benefits of exclusive breastfeeding and fully supporting the mother

The results of the bivariate test analysis in this study were tested using the chi-square test, namely to see the relationship between mothers' perceptions and exclusive breastfeeding at the Pomalaa Health Center, presented in the following table.

Table 3.Relationship between Mother's Perceptions and Exclusive Breastfeeding at the Pomalaa Health Center

Perception	Exclusive Breast Feeding						ρ value
	Yess		No		Total		
	n	%	n	%	n	%	
Good	16	31,4	9	17,6	25	49	
Less	5	9,8	21	41,2	26	51	0,001
Total	**21**	**41,2**	**30**	**58,8**	**51**	**100**	

Source: Primary data, 2022

Table 3 shows that out of 25 people (49%) who had a good perception, there were 16 people (31.4%) gave exclusive breastfeeding and there were 9 people (17.6%) did not give exclusive breastfeeding while out of 26 people (51 %) who had less perception, there were 5 people (9.8%) who gave exclusive breastfeeding and there were 21 people (41.2%) who did not give exclusive breastfeeding. In addition, a ρ value of 0.001 (<0.05) was obtained where H1 was accepted and H0 was rejected, which means that there is a relationship between the mother's perception of exclusive breastfeeding.

The results of this study indicate that there are 16 people (31.4%) who have a good perception that they provide exclusive breastfeeding to babies where based on the respondent's answers to the questionnaire respondents believe they can breastfeed babies until they are 2 years old and believe that babies get enough breast milk while 9 the other person (17.6%) had a good perception but did not give exclusive breastfeeding where based on the respondent's answers to the questionnaire that respondents felt they had little breast milk, were embarrassed to breastfeed and felt that breastfeeding would interfere with the beauty of their breasts.

In addition, there were respondents' perceptions that they were lacking but gave babies exclusive breastfeeding as many as 5 people (9.8%) where based on the respondent's answers to the questionnaire that respondents felt breastfeeding was a difficult and tiring thing and were not enthusiastic about breastfeeding babies while 21 others (41 .2%) who had less perception so they did not give exclusive breastfeeding where based on the respondent's answers to the questionnaire that the respondents felt awkward when breastfeeding the baby, felt that they had little milk and were not sure if the respondent could breastfeed the baby until the baby was 6 months old. In addition, based on the results of the analysis, the value of ρ = 0.000 (<0.05) is obtained, which means that there is a relationship between the mother's perception and exclusive breastfeeding for infants where based on the respondent's answers to the questionnaire, respondents believe they can breastfeed until the baby is 2 years old, believe the baby will get enough breast milk, feeling comfortable breastfeeding the baby and feeling closer to the baby when breastfeeding the baby and feeling excited when breastfeeding the baby.

The results of this study are in line with research conducted by Hidayati in 2019 showing that there is a significant and strong relationship between perceptions of adequacy of breast milk and mother's behavior in breastfeeding infants 0-6 in the Gayam sub-district in Sumenep Regency where awareness of adequacy of exclusive breastfeeding is positively related to breastfeeding behavior exclusive mother, the better the mother's behavior, the better the development and growth of the baby, and conversely the less the mother's behavior, the worse the development and growth of the baby[18].

Research conducted by Ardhita explains that there is a relationship between perception and exclusive breastfeeding for working mothers with a very low level of attachment[15]. As research conducted by Kurniawan shows that there is a significant relationship between mothers' perceptions of formula milk and formula feeding in infants aged 0-6 months [19].

The theory states that a person's perception is influenced by several factors namely, internal factors and external factors where internal factors come from within the

individual such as attitudes, habits, and will while external factors are factors that come from outside the individual which include the stimulus itself, both social and physicall[20]. The stimulus that the mother gets from experience means that the mother can perceive breast milk into a positive or negative perception based on the experience that has been passed whereas the perception is an experience about an object that has been received by concluding information and interpreting messages[21]. Based on the results of the study, the researchers assumed that the perceptions of respondents or mothers about exclusive breastfeeding were caused by respondents' perceptions of whether they had good and bad perceptions which could be influenced by internal and external factors.

Conclusion

This study concluded that 21 people (41.2%) gave exclusive breastfeeding and 30 people (58.8%) did not. Respondents who had good perceptions were 25 people (49%) and there were 26 people (51%) who had poor perceptions. There is a relationship between the mother's perception of exclusive breastfeeding in the working area of the Pomalaa Health Center.

References

1. Julianti. In Toddlers Aged 1 – 5 Years At the Public Health Center Thesis Study Program S1 Public Health College of Health Sciences Muhammadiyah Samarinda 2015. 1–30; 2015.
2. World Health Organization. Exclusive Breastfeeding For Optimal Growth, Development, And Health Of Infants. www.who.int.ac.id; 202.
3. Southeast Sulawesi Provincial Health Office. Southeast Sulawesi Province Health Profile. Southeast Sulawesi Provincial Health Office; 2020.
4. Kolaka District Health Office. Kolaka Regency Health Profile in 2020. 12. http://dinkes.kolakakab.go.id/; 200.
5. Gatti, L. Maternal Perceptions of Insufficient Milk Supply in Breastfeeding. Journal of Nursing Scholarships; 2014.
6. Hapsari. Exclusive ASI Smart Book. Jakarta: Library Alkautsar Group; 2014.
7. Roesli. Get to know Exclusive Breastfeeding. Jakarta: PT. Archipelago Self-Help Development Library; 2015.
8. Wiryo, H. Improving the Nutrition of Infants, Children, Pregnant and Breastfeeding Mothers with Local Food. Sagung Seto: Jakarta. http://parenting islami.wordpresss.com; 2014.
9. Rahmad, A. Breastfeeding and complementary feeding on growth. Jakarta; 2016.
10. Arif, N. Breastfeeding and Infant Development. Yogyakarta: Medika Pressindo; 2015.
11. Ardhita, A. M. The Relationship between Perception and Exclusive Breastfeeding for Working Mothers in the Wirogunan Village, Yogyakarta City. Stikkes' Aisyiyah, 1–8; 2018.
12. Rahayu, S. Mother's Perception of Exclusive Breastfeeding in the Work Area of the Kombos Health Center, Singkil District, North Sulawesi Province. Catholic University of De La Salle; 2016.
13. Pomaala Health Center. Pomaala health center profile. Kolaka: Southeast Sulawesi; 2022.
14. Hamidah, Arumsari, DR, & Yuliantika, A. Relationship between perceptions of breastfeeding mothers regarding husband's support for exclusive breastfeeding for babies at the Kemayoran Health Center, Central Jakarta. Proceedings Book Health National Conference, 49–53; 2020.
15. Ardhita, A. M. The Relationship between Perception and Exclusive Breastfeeding for Working Mothers in the Wirogunan Village, Yogyakarta City. Stikkes' Aisyiyah, 1–8; 2018.

16. Nurlinawati, Sahar, J., & Permatasari, H. Family Support for Exclusive Breastfeeding to Babies in Jambi City. Jmj, 4(1), 77–86; 2016.
17. Suhardjo. Various Ways of Nutrition Education. Jakarta: Earth Script; 2016.
18. Hidayati, N. W., Wardita, Y., Suprayitno, E., & Wicaksono, H. N. Perceptions of Adequacy of Breast Milk with Breastfeeding Behavior in Babies 0-6 Months in Gayam District, Sumenep Niken Regency. Unified Nursing Journal, 3(1), 65–75; 2019.
19. Kurniawan, G., Lestari, W., & Rahmalia, S. The Relationship between Mother's Perceptions About Formula Milk and Giving Formula Milk to Infants Aged 0-6 Months. Jpkeperawatandd140531, 5(3), 24–37; 2018.
20. Thoha, M. Leadership in Management. Jakarta: PT. Raja Grafindo Persada; 2017.
21. Dzulfahmi. Perception is How Perception Shapes Our Thinking Constructions. Indonesian Great Boy; 2021.