

The Influence of Accessibility Factors on The Success of Exclusive Breastfeeding in The Working Area of Portibi Public Health Center, North Padang Lawas Regency in 2026

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ABSTRACT

Breastfeeding is the best investment for biological survival and improving the health, social, and economic development of individuals and nations. Although the global breastfeeding initiation rate is relatively high, only about 40% of infants under 6 months of age receive exclusive breastfeeding, and 45% continue to receive breastfeeding until the age of 24 months (Fadliyyah, 2019). This study is an observational study with a cross-sectional design that aims to analyze the influence of accessibility factors on the success of exclusive breastfeeding at the Portibi Community Health Center, North Padang Lawas Regency, in 2026. The study was conducted at the Portibi Community Health Center, North Padang Lawas Regency in 2026 with a total of 78 respondents. This study concluded that accessibility factors have a significant effect on the success of exclusive breastfeeding at the Portibi Community Health Center, North Padang Lawas Regency in 2026 (p-value = 0.05).

Keywords:

The Effect of Accessibility, Exclusive Breastfeeding

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1. INTRODUCTION

Breastfeeding is the best investment for biological survival and for improving the health, social, and economic development of individuals and nations. Although global breastfeeding initiation rates are high, only approximately 40% of infants under 6 months of age are exclusively breastfed, and 45% continue breastfeeding until 24 months of age (Fadliyyah, 2019).

According to the World Health Organization (WHO), approximately 10 million babies die each year, and nearly 60% of these deaths could be prevented through breastfeeding. Breastfeeding has been shown to improve infant health, saving approximately 1.3 million lives. To reduce child morbidity and mortality, UNICEF and WHO recommend that infants be exclusively breastfed for at least six months. Exclusive breastfeeding significantly contributes to a child's immune system, making infants who receive it healthier and less susceptible to illnesses. This is consistent with global studies and data, such as those recorded in The Lancet Breastfeeding Series 2016, which show that exclusive breastfeeding can reduce mortality due to infection by up to 88% in infants under three months of age. Furthermore, it reduced mortality by 31.36% to 37.94%. Children who are not exclusively breastfed are more susceptible to various diseases. Exclusive breastfeeding also contributes to a reduced risk of obesity, low birth weight (LBW), stunting, and chronic disease (Setyo, RW 2023).

Various factors influence the practice of exclusive breastfeeding, including the mother's socio-demographics (Kurniawan, 2013). Several studies have shown that maternal age, maternal education, maternal occupation, husband's education, husband's occupation, family income, type of delivery, place of delivery, parity,

frequency of pregnancy check-ups, early initiation of breastfeeding (IMD), lactation counseling, and intention to breastfeed are associated with the practice of exclusive breastfeeding (Purnama Sari, Handayani, and Febry, 2019).

The level of compatibility between health resources and the community in obtaining health services. Good access to health services can be defined as health services that are affordable. Several factors hinder the accessibility of health services.

Some factors that can hinder the accessibility of health services include: 1. Poverty. 2. Unequal distribution of health facilities. 3. Expensive health service prices. 4. Lack of public awareness about the importance of health. 5. Physical barriers such as transportation and the ability to move. 6. Economic barriers, such as the ability to pay and ownership of health premiums. 7. Geographical barriers, such as location or proximity to health facilities, can be used to increase the accessibility of health services. The government can formulate this index to map differences between regions to help the government formulate areas that need the development of health facilities.

Based on this background, the researcher is interested in conducting a study entitled "The Influence of Accessibility Factors on the Success of Providing Exclusive Breastfeeding at the Portibi Health Center, North Padang Lawas Regency, in 2026."

2. METHOD

This was an observational study with a cross-sectional design. This study aims to analyze the influence of accessibility factors on the success of providing exclusive breastfeeding at the Portibi Health Center, North Padang Lawas Regency, in 2026.

The population in this study was all mothers who had babies aged 0-6 months who were registered at the Portibi Community Health Center, a total of 78 people. The sample in this study used the total population sampling technique where the entire population was used as a research sample, namely 78 respondents.

3. RESULTS AND DISCUSSION

Based on 78 respondents, including: 1) Respondents in the category of Respondents who stated that accessibility of health services was in the simple category were 51 people (65.4%) and in the difficult category were 27 people (34.0%).

Discussion

Based on Table 4.5, 50 respondents (64.1%) had a positive attitude, 34 respondents (43.6%) gave breast milk to their babies, and 16 respondents (20.5%) did not give breast milk without additional food or other drinks. Furthermore, 28 respondents (35.8%) with a negative attitude included 9 respondents (11.6%) who exclusively breastfed their babies and 19 respondents (24.3%) who did not. The results of the chi-square test showed a p-value of 0.002 ($\alpha < 0.05$), indicating a relationship between respondents' attitudes and the success of providing exclusive breastfeeding at the Portibi Health Center in 2026.

According to Table 4.8, 51 respondents (65.3%) used the practical accessibility category, 34 respondents (43.6%) provided certain breast milk to their babies, and 17 respondents (21.7%) did not provide breast milk in a certain way. Furthermore, 27 respondents (34.7%) in the difficult category included 9 respondents (11.6%) conveying certain breast milk to their babies, and as many as 18 other respondents (23.1%) did not provide certain breast milk to their babies. The results of the Chi-square test obtained a p-value of 0.005 ($\alpha < 0.05$), indicating a correlation between the accessibility of respondents using certain breast milk success at the Portibi Health Center in 2026.

The Influence of Accessibility on the Success of Exclusive Breastfeeding

According to the results of the data analysis, more respondents stated that the accessibility of postpartum services was in the practical category, amounting to 51 people (65.4%). The results of the Chi-square test showed a p-value of 0.05, which is less than or equal to $\alpha = 0.05$, which indicates a significant relationship between the accessibility factor and the results of the multivariate analysis showed a p-value of 0.005, which indicates a significant influence of the accessibility factor on the success of exclusive breastfeeding. The influence of the accessibility factor on the success of exclusive breastfeeding and the value of Exp (B) = 7.930, which means that mothers who stated that the accessibility of postpartum services used the practical category had a 7.930 times greater chance of success in exclusive breastfeeding than mothers who stated that accessibility was difficult.

AccessibilityHealth services are influenced by three components: a. Predisposing factors: individual characteristics (age, education, economic status, and culture). b. Enabling factors: resources that influence accessibility, such as health facilities, transportation, and distance. c. Enabling factors are elements related to the physical environment, including the availability of health facilities and services needed to support individual health behaviors. These factors include health facilities, health workers, and ease of access in terms of cost, distance, and available transportation (Andersen's Theory, 1995).

According to Prajalani (2017), accessibility is defined as the convenience provided for people with stigma so that they can utilize facilities optimally, thus creating equal opportunities in accessing various activities and services, including services and facilities for people with disabilities. According to Sheth and Sisodia (2012:15), accessibility refers to the extent to which consumers can easily obtain and use a product. Accessibility has two main dimensions. The first is availability, which refers to factors such as the adequacy of supply to demand, product storage levels, and product linkages to services. The second is convenience, which includes factors such as the time and effort required to obtain the product, ease of finding the product in various locations, and packaging with practical sizes.

4. CONCLUSION

This study concludes that accessibility factors have a significant influence on the success of exclusive breastfeeding at the Portibi Community Health Center, North Padang Lawas Regency in 2026 ($p=0.05$).

SUGGESTION

The suggestions that researchers can provide include:

1. Respondents, especially postpartum mothers, are expected to be more active in seeking information to increase their knowledge about exclusive breastfeeding so that they can be motivated to exclusively breastfeed their babies.
2. Families, especially husbands, are expected to play an active role by providing psychological, physical, social, spiritual, and material support to their partners so that they understand the goals and benefits of exclusive breastfeeding.
3. It is hoped that religious and community leaders can play an active role in supporting the exclusive breastfeeding program so that the community will accept it well without any doubts caused by the negative stigma associated with exclusive breastfeeding.
4. It is hoped that the local government, especially the Portibi Community Health Center and all health workers, can improve the quality of health services and actively support the exclusive breastfeeding program by optimizing the role of integrated health posts (posyandu) in each village and carrying out outreach regarding the benefits of exclusive breastfeeding so that the established coverage target for the exclusive breastfeeding program can be achieved.

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