

Factors Affecting Mother in Breast Feeding in Sigumpar Village, Sigumpar District, Toba Regency

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Article Info

Article history:

Received May 03, 2023
Revised May 14, 2023
Accepted May 28, 2023

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ABSTRACT

Exclusive breastfeeding can reduce the risk of death in infants because breast milk contains colostrum rich in antibodies for body resistance and killer germs in large quantities. In addition, breast milk also contains an absorbent substance in the form of its own enzyme, which will not interfere with enzymes in the intestine. The research design used in this research is descriptive research using a *cross-sectional approach*, which aims to determine the factors that influence mothers' breastfeeding in Sigumpar Village. The research design used in this research is descriptive research using a cross-sectional approach, which aims to determine the factors that influence mothers' breastfeeding in Sigumpar Village. The reason for choosing Sigumpar Village was the success of all mothers who have babies 0–24 months in providing breast milk, which was taken from the data of midwives from Sigumpar Village. The results of research and discussion of research on the factors that influence mothers' breastfeeding, namely: According to demographic data on mothers who provide ASI to children aged 0–24 months based on work, the majority of respondents (40 people, or 71.4%) do not work, and based on sources of information by health workers, as many as 44 people (78.6%) do not work. From the factor of the role of health workers in supporting breastfeeding in mothers who have babies 0–24 months in the supportive category, there are 49 people (87.5%). From the factor of knowledge of mothers about breastfeeding who have babies 0–24 months in the category of good knowledge, there are 56 people (100%).

Keywords: Breastfeeding, Knowledge, Role of Health Workers

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1. INTRODUCTION

Mother's milk is one of the best sources of food for newborns because it has so many important substances that are useful for increasing the body's immunity against disease. The results also show that breast milk is baby food and milk made using today's technology cannot replace a wonderful source of food like breast milk because of its benefits. In fact, almost every day a new benefit of breastfeeding is found for babies [1] & [8].

Based on the 2002 Indonesian Health Demographic Survey (IDHS), only 3.7% of babies were breastfed on the first day. Meanwhile, breastfeeding for infants aged less than 2 months was 64%, between 2-3 months 45.5%, between 4-5 months 13.9 and between 6-7 months 7.8%. Meanwhile the coverage of formula feeding increased 3 times in the period between 1997 by 10.8% to 32.4% in 2002 [4] & [2].

Breastfeeding success is supported by psychological preparations made since pregnancy. This preparation is very meaningful because the mother's positive decision or attitude towards breastfeeding must have occurred during pregnancy, or even long before. The attitude of mothers towards breastfeeding is influenced by various factors, including customs, habits, beliefs about breastfeeding in their respective regions [17].

Success in the breastfeeding process is also determined by the role of the father. The father's role is as important as the mother's. The father's role is to create situations that allow breastfeeding to run smoothly. In addition to providing good food for the mother, the father can take the role as a liaison in breastfeeding by bringing the baby to the mother. About 50% of the success of breastfeeding is determined by the father [24].

One of the factors is the disruptive hospital routine where babies are kept in the treatment room and only brought to their mothers at certain hours, making it difficult for milk production due to limited breastfeeding.

Because the baby is very hungry, additional food using formula milk is given. At this stage, after facing a baby who continues to cry, a nurse and feelings of failure, the mother's emotions increasingly suppress her milk production so that the baby is forced to drink bottle milk [7].

From a survey conducted in 2002 by *the nutrition & Health surveillance system* (NSS) in collaboration with Balitbangkes and Hellen Keller International in four cities (Jakarta, Surabaya, Semarang, Makassar) and eight rural areas (West Sumatra, Lampung, Banten, West Java, Central Java, East Java, NTB, Sulsel), shows that the coverage of exclusive breastfeeding for 4-5 months in urban areas is between 14% -21%, while in rural areas it is 14% -26%. The achievement of exclusive breastfeeding for 5-6 months in urban areas ranges from 3% -8% while in rural areas it is 6% -9% [8].

Based on the results of a preliminary survey conducted by researchers by taking a sample of 20 mothers who have babies 0-24 months in Sigumpar Village, Kec. Sigumpar, Toba Regency, it was found that all respondents or 20 mothers were breastfeeding. In this regard, the authors want to see what factors contribute to success in breastfeeding and the authors are interested in taking the title " Factors Influencing Mothers in Breastfeeding in Sigumpar Village, Kec. Sigupar, Toba Regency, 2023".

Formulation of the problem

Based on this background, the researcher wanted to look at the problem "How are the factors that influence breastfeeding in Sigumpar Village, Kec. Sigupar, Toba Regency in 2023? "

2. METHOD

Research design

The research design used in this research is a descriptive research using a *cross sectional approach* which aims to determine the factors that influence mothers in breastfeeding in Sigumpar Village, Kec. Sigupar, Toba Regency, 2023.

Population and Sample

The population in this study were all mothers who had babies 0-24 months in Sigumpar Village, Kec. Sigupar Kab. Toba as many as 56 people. Sigumpar Village was chosen because the data from the Sigumpar Kota Health Center showed the highest coverage of breastfeeding, that is, all mothers gave breast milk to their babies.

The sample research method in this study was taken by *total sampling*, namely all mothers who had babies 0-24 months in Sigumpar Village, Kec. Sigupar Kab. Toba as many as 56 people [12]-[14]

Place and time of research

The place of this research was conducted in Sigumpar Village, Kec. Sigupar Kab. Toba. The reason for choosing Sigumpar Village was the success of all mothers who have babies 0-24 months in providing breast milk, which was taken from the data of midwives from Sigumpar Village, Kec. Sigupar, Toba Regency.

Research on the factors that influence mothers in breastfeeding in Sigumpar Village, Kec. Sigupar, Toba Regency, will be held from June 2023 to September 2023.

Data analysis

In data collection and the steps to be carried out including *editing* is an attempt to re-check the correctness of the data obtained or collected. In this study, editing was done by checking the completeness, filling errors and consistency of each answer and question. *Coding* is an activity of giving a numerical code to data consisting of several categories. To facilitate *the reading process*, namely: code 0 wrong answer, code 1 correct answer, *processing*. to be researched [15]

3. RESULTS AND DISCUSSION

Research Result

Univariate analysis

In this study the demographic data of respondents includes occupations and sources of information. The results show that most of the respondents who are mothers who provide ASI are based on work, the majority of respondents 40 people (71.4 %) do not work, based on sources of information by health workers as many as 44 people (78.6 %). Based on the research results can be seen in table 1 below:

Table 1. Frequency Distribution Based on Respondent Demographic Data Factors Influencing Mothers in Breastfeeding

Characteristics	F	%
Work		
Work	16	28,6
Doesn't work	40	71.4
Resources		
Health workers	44	78.6
Electronic Media	10	17,8
Print media	2	3,6

Role of Health Workers

Based on the research results, the distribution of respondents' answers about the role of health workers in supporting breastfeeding, the majority of mothers who answered *Yes* were questions 3,4 and 5 regarding the support of health workers, namely 56 people (100%). Question number 1 regarding health workers giving confidence to mothers, namely 55 people (98.2%), the majority of respondents who answered *No* was statement number 6 regarding health workers advising mothers to give formula milk when breast milk did not come out, namely 28 people (50, 0%). Can be seen in table 2 below:

Table 2. Frequency distribution based on the role of health workers in respondents to factors that influence mothers in breastfeeding

No.	Question	Answer			
		Yes		No	
		f	%	f	%
1	Health workers give confidence to the mother	55	98.2	1	1,8
2	The health worker puts the baby on the stomach	41	73,2	15	26,8
3	Health workers help and provide support to mothers	56	100	0	0
4	The health worker informs the mother about breast care	56	100	0	0
5	The health worker gives the baby to the mother after the baby is cleaned	56	100	0	0
6	Health workers recommend that mothers give bottle or formula milk	28	50.0	28	50.0
7	In dealing with the complaints that I feel, the health workers are very concerned about me	50	89.3	6	10,7

The role of health workers in supporting breastfeeding

Based on calculations according to the categories set, the role of health workers in supporting breastfeeding for mothers who have babies 0-24 months in the Support category is 49 people (87.5%). Category does not support as many as 7 people (12.5 %). More details can be seen in table 3 below:

Table 3. Frequency distribution based on the role of health workers in respondents to factors that influence mothers in breastfeeding

Role of Health Workers	f	%
Does not support	7	12.5
Support	49	87.5
Total	56	100

Knowledge

Based on the results of the study, the distribution of respondents' answers about knowledge about breastfeeding , the majority of respondents who answered *yes* were questions number 3,4 and 8 about the content, benefits of breast milk and milk production, namely 56 people (100%), question number 5 about the use of colostrum , namely 55

people (98.2%), the majority of respondents who answered *No* was statement number 7 regarding breast milk that can be squeezed and stored in the refrigerator, namely 44 people (78.6%), question number 2, namely 15 people (26.8%). More details can be seen in table 4 below:

Table 4. Frequency distribution based on respondents' knowledge of the factors that influence mothers in breastfeeding

No. Statement	Yes		No	
	f	%	f	%
1. Definition of ASI	53	94.5	3	5.4
2. Breast milk can be used as a family planning method as long as menstruation has not come	41	73.2	15	26.8
4. Breast milk contains fat, carbohydrates, vitamins, minerals and protein	56	100	0	0
6. The benefits of breast milk for babies cause good growth of body and brain	56	100	0	0
7. Colostrum is very good for babies because useful as an increase in the resistance of the baby	55	98.2	1	1.8
10. Breastfeeding is more practical than giving Formula milk	53	94.6	3	5.4
12. Breast milk can be squeezed and stored in the fridge	12	21.4	44	78.6
13. The food consumed by the mother is very effect on the amount of milk production	56	100	0	0
15. Definition of colostrum	54	96.4	2	3.6
16. Give breast milk at least 12 times and according to the wishes of the baby	54	96.4	2	3.6

Knowledge in supporting breastfeeding

Based on calculations according to the categories set, the knowledge of mothers about breastfeeding who have babies 0-24 months in the category of good knowledge is 56 people (100%). Low category not found (0%). More details can be seen in table 5 below:

Table 5. Frequency distribution based on respondents' knowledge of the factors that influence mothers in breastfeeding

Knowledge	f	%
Good	56	100
Low	0	0
Total	56	100

Discussion

The following is a discussion of the characteristics of the respondents based on the data previously presented:

Respondent Demographic Characteristics

From the results of the research that has been done, it was obtained data that from 56 respondents it was found that the majority of mothers who had babies 0-24 months in mothers who did not work were 40 people (71.4%), while working mothers were as many as 16 people (28.6%).

From the results of the research that has been done, it was found that out of 56 respondents, most of them got information about breastfeeding from health workers as many as 44 people (78.6%), electronic media 10 people (17.8%), and sources of information obtained from print media only 2 people (3.6%).

This is in line with the results of research conducted by [17]-[19] namely counseling or dissemination of information through radio broadcasts, television, videos, magazine articles, tabloids, newspapers can increase mother's knowledge, but not always change what mothers do. Many mothers have problems but cannot express them or even the problems cannot be resolved by doctors/midwives or other health workers.

Information about Breast milk needs to be given to anyone and as early as possible so that an environment that supports breastfeeding occurs.

The Role of Health Officers

From the results of the research that has been done, it is obtained that out of 56 Respondents based on calculations according to the specified category, the role of health workers in supporting breastfeeding for mothers who have babies 0-24 months in the category of support are 49 people (87.5%). Category does not support as many as 7 people (12.5 %).

This is in accordance with the research [7], namely one of the factors is the disruptive hospital routine where babies are kept in the treatment room and only brought to their mothers at certain hours, making it difficult for milk production due to limited breastfeeding. And because the baby is very hungry, additional food using formula milk is given. At this stage, after facing a baby who keeps crying, a nurse and feelings of failure, the mother's emotions are increasingly suppressing her milk production so that the baby is forced to drink bottle milk.

This is also confirmed by [17] namely the support of doctors, midwives, or other health workers, friends or close relatives is very important. needed, especially for mothers who are pregnant for the first time. It is very important that doctors/midwives or other health workers try to get mothers interested in breastfeeding. In this case, it may be necessary to seek information about the mother's family or relatives who play a significant role in the life of the mother, husband and extended family.

Knowledge

From the results the research that has been done shows that from 56 respondents based on calculations according to the specified category, the knowledge of mothers about breastfeeding who have babies 0-24 months in the category of good knowledge is 56 people (100%). And the low knowledge category was not found (0 %).

This is in accordance with [17] namely the experience of breastfeeding at the birth of a previous child, the habit of breastfeeding in the family or among relatives, the knowledge of the mother and her family about the benefits of breastfeeding, as well as the mother's attitude towards her pregnancy (desired or not) influences the mother's decision, whether she will breastfeed or not.

This is also confirmed by the theory put forward [14] namely age, parity, education, employment and information are variables that are always considered in descriptive investigations. Through education, humans will be considered as acquiring knowledge and with this knowledge, humans are expected to be able to build a better life. The higher the education, the more quality human life will be. If women are educated, they will make the right decisions in paying attention to their health.

4. CONCLUSION

Based on the research results that have been presented, it can be concluded as follows demographic data on mothers who provide ASI aged 0-24 months based on work, the majority of respondents 40 people (71.4 %) do not work, based on sources of information by health workers as many as 44 people (78.6 %). From the factor of the role of health workers in supporting breastfeeding in mothers who have babies 0-24 months in the Supporting category, there are 49 people (87.5%). From the factor of knowledge of mothers about breastfeeding who have babies 0-24 months in the category of good knowledge, there are 56 people (100%).

ACKNOWLEDGEMENTS

Please accept my love and respect as a lecturer, supervisor, and professor. I am eager to help and have spare time and unwavering patience. Embrace love and go on. Parents have supported and prayed for the author, and friends have offered assistance and the Holy Spirit.

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