


## **The Relationship Between Exclusive Breastfeeding to the Emotional Development of Children in Lubuk Barumun District, Padang Lawas Regency**

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Article Info	ABSTRACT
<p><b>Article history:</b> Received July 07, 2023 Revised July 24, 2023 Accepted July 29, 2023</p> <hr/> <p><b>Corresponding Author:</b> Kumala Sari Rambe D III obstetrics, Akademi Kebidanan Baruna Husada Sibuhuan, Indonesia Email: <a href="mailto:kumalasarirambe.sst@gmail.com">kumalasarirambe.sst@gmail.com</a> m</p>	<p>Breast milk is a complex biological fluid which contains all the nutrients that are useful for the physical growth and development of infants in meeting the needs of foster care (physics-biomedical), compassion (needs for affection/emotions, and sharpening (the need for stimulation). Exclusive breastfeeding is the provision of breast milk to babies from birth to 6 months of age without the addition of other food/drinks. The research method uses observational analytic research methods. Analytical research is research that tries to explore how and why health phenomena occur, then analyzes the dynamics of the correlation between phenomena, namely risk factors and effect factors with a cross-sectional approach by examining the effect of breastfeeding. The results of this study are by using Chi-Square p-value = 0.017 there is a relationship between exclusive breastfeeding and emotional development in toddlers. Conclusion There is a significant relationship between exclusive breastfeeding and emotional development in toddlers with a p-value of 0.017. The proportion of normal emotional development in toddlers is 62.5% while those that are not normal are 37.5%</p> <p><b>Keywords:</b> <i>Exclusive, Breastfeeding, Emotional, Development.</i></p> <p>This article is licensed under a <a href="https://creativecommons.org/licenses/by-sa/4.0/">Creative Commons Attribution 4.0 International License</a>.</p> 

### 1. INTRODUCTION

Breast milk is a complex biological fluid which contains all the nutrients that are useful for the physical growth and development of the baby, both in fulfilling the needs of parenting (physical-biomedical), compassion (needs for affection/emotions, and sharpening (need for stimulation).

Adequate baby nutrition is also very meaningful in infant development, because when a baby is born, the relationship between child and mother seems unbroken. Exclusive ASI is breastfeeding to babies from birth to 6 months of age Without the Addition of Other Foods/Drinks. [1].

Exclusive breastfeeding for 6 months has been recommended by the World Health Organization (Who) and the United Nations Childrens Fund (Unicef), and is listed in the Government Regulation of the Republic of Indonesia Number 33 of 2012 Article 6.1 Government Regulation of the Republic of Indonesia Number 33 of 2012, Article 6 states that every mother who gives birth must provide exclusive breastfeeding to her baby, breastfeeding is carried out for 6 months without adding and/or replacing it with other food or drinks (except drugs, vitamins and minerals). [14].

A child will experience a period of growth and development, actually includes 2 events that are different but related and not can be separated, namely growth and development. Growth is a measurable change in magnitude, amount, or size. While development is an increase in ability or skill in structure and function of the body which is the process of maturation. [1]

A child will experience a period of growth and development, which actually includes 2 events that are different but interrelated and cannot be separated, namely growth and development. Growth is a change in large, amount, and size that can be measured. While development is an increase in ability or skill in body structure and function which is the maturation process. [3].

The emotional mental condition of children at an early age can affect later stages of child development. Mental development good emotional children in early childhood will have a positive impact on the next stage of child development, so that the next generation of the nation is formed who are mentally and emotionally healthy. (Dwi, 2016). Affecting the Child Development Period at a Later Stage. Good Children's Mental Emotional Development in Early Childhood Will Have A Positive Impact On The Next Stage Of Child Development, Thus Forming The Next Generation Of A Mentally Emotionally Healthy Nation. [6]

The conclusion of the study is that psychosocial stimulation is the dominant factor in influencing children's social-emotional development, while breastfeeding does not affect children's social-emotional development. Possible influences are history of breastfeeding, especially in terms of attitudes and behavior of mothers when breastfeeding, family social support for breastfeeding, mother's time allocation, especially in terms of providing psychosocial stimulation, and the influence of peers on socio-emotional development. [7]

Emotional and behavioral problems are influenced by multiple factors, each of which can stand alone or influence each other. Provision of adequate nutrition and stimulation as a basis for child development must be given optimally [6]. One good nutrition for fulfilling optimal nutrition is breastfeeding which is given exclusively from 0 to 6 months to meet the needs of brain development which affects the overall development of children to optimize development [8]

Research on the relationship of exclusive breastfeeding to the development of children aged 12-36 months states that there is a relationship and the research results show that babies who are breastfed for less than 4 months have a 7.325 times greater risk of experiencing developmental deviations. 12 Exclusive breastfeeding for babies will also provide Opportunities for babies to develop are 5.474 times greater than babies who do not get exclusive breastfeeding contained in research articles conducted. [9]. Based on these data, the author is interested in conducting research on the relationship between exclusive breastfeeding and emotional development in toddlers, LubukBarumun district, Padang Lawas district.

## 2. METHOD

This type of research is observational analytic research. Analytical research is research that tries to explore how and why health phenomena occur, then analyzes the dynamics of the correlation between phenomena, namely risk factors and effect factors with a cross-sectional approach by examining the effect of breastfeeding and universal analysis is carried out on each variable from the research results. In general, this analysis only produces the distribution and percentage of each variable, namely the variable Exclusive Breastfeeding on Toddler Emotional Development, and bivariate analysis was carried out to see the relationship between the two independent variables and the dependent variable. 20 The analysis was carried out simultaneously using the chi-square statistical test ( $\chi^2$ ) with a 95% degree of confidence,  $\alpha = 0.05$ , the data was analyzed by entering data into a computer. [10]

## 3. RESULTS AND DISCUSSIONS

The results of this research were conducted from March to May 2023. The total sample for this research was 32 respondents who were taken as total sampling, then the results of this study were analyzed using univariate, bivariate.

**Table 1.** The Relationship between Exclusive Breastfeeding and Emotional Development in Toddlers in LubukBarumun District, Padang Lawas Regency

<i>Exclusive breastfeeding</i>	<i>Emotional Development</i>				<i>P-Value</i>
	<i>Normal</i>		<i>Abnormal</i>		
	<i>N</i>	<i>%</i>	<i>n</i>	<i>%</i>	
Yes	14	43,8	3	9,4	.017
No	6	18,8	9	28	

From Table 1 it can be seen that there is a relationship between exclusive breastfeeding and emotional development in toddlers with a P-value of 0.005 (P-value = 0.017)

### Discussion

This Research Aims to Know The Relationship Of Exclusive Breastfeeding With Emotional Development In Toddlers In Sitalasari District, Pematangsiantar City In 2021 Where P-Value = 0.017 Is Obtained. The quality of children can be seen from two dimensions, namely growth and development. Two Main Factors Affecting A Child's Growth And Development, Namely Internal Factors (Innate) And External (Environmental) Factors. [17] Early Age Is The "Golden Age Period", Meaning It Is The Golden Age For All Aspects Of Human Development, Both Physical, Cognitive, Emotional And Social. Development is the process of maturation/maturation of organs including the development of mental/intelligence and child behavior. [15]

According to the Ministry of Health of the Republic of Indonesia, development is a process of interaction between the maturation of the central nervous system and the organs it affects, such as the development of the neuromuscular system, speech, emotion and socialization. One aspect of development that is important for children is the emotional aspect. [16]

#### 4. CONCLUSION

Based on the results of data analysis and discussion in this study, the following conclusions can be drawn, there is a significant relationship between exclusive breastfeeding and emotional development in toddlers with a p-value of 0.017 where the quality of children can be seen from two dimensions, namely growth and development. Two main factors affect the growth and development of a child, namely internal factors (congenital) and external factors (environmental). The proportion of normal emotional development in toddlers is 62.5% while those that are not normal are 37.5% where the mother's age, education, occupation, and parity greatly affect the emotional development of toddlers. The results of this study note that the majority are 25-35 years old, 18 people (56%). education obtained the majority had low education (elementary, junior high) as many as 17 people (53%), the majority of mother jobs were IRT as many as 21 (65.6%). Whereas in maternal parity, it can be seen that the majority of the second child is as many as 12 people (37.5%).

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