

## **Analysis Factors of Exclusive Breastfeeding in Post Partum Mothers at Hermina Hospital, Kemanyoran, Central Jakarta**

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### **Abstract**

**Background** : Early and exclusive breastfeeding is very important for a child's survival, and to protect them from various diseases that they are susceptible to and which can be fatal. Increasing evidence shows that children who receive breast milk have higher intelligence test results. Factors that can influence exclusive breastfeeding include breast care, knowledge, attitudes, mental health and family support.

**Objective** : To analyze the factors of exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital, Central Jakarta.

**Methods** : Analytical survey research using cross sectional research design with a sample of 80 people, data collection using a questionnaire, processed and analyzed using univariate and bivariate analysis.

**Results** : The study found that most of the respondents stated that they gave exclusive breastfeeding (80.0%). Chi square analysis found breast care (p value = 0.004), knowledge (p value = 0.516), attitude (p value = 0.116), mental health (p value = 0.940), and family support (p value = 0.010).

**Conclusion** : There is a relationship between breast care and family support with exclusive breastfeeding and there is no relationship between knowledge, attitudes and mental health with exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital, Central Jakarta.

**Suggestion** : perform breast care and provide family support to post partum mothers.

**Keywords** : Factors, Exclusive Breastfeeding, Post Partum.

### **Introduction**

Early initiation of breastfeeding and exclusive breastfeeding for six months provide protection against gastrointestinal infections and nutritional content needed to

prevent stunting. Breastfeeding after six months to two years together with complementary feeding is the most adequate and safest way to prevent growth retardation and ensure cognitive development in critical phases of life<sup>1</sup>.

Breastfeeding is recommended for up to two years or more. The reason breastfeeding is still given after the baby is 6 months old is because 65% of a baby's energy needs at the age of 6-8 months are still met from breast milk. Some examples include, colostrum (breast milk on days 1-5) is rich in protein, breast milk lactose as a source of carbohydrates is absorbed better than that found in formula milk. At the age of 9-12 months, about 50% of their needs are from breast milk and at the age of 1-2 years, only about 20% from breast milk<sup>2</sup>.

Data *World Health Organization (WHO)* shows that the average rate of exclusive breastfeeding in the world is around 42%. Meanwhile in Indonesia, based on the performance report of the Ministry of Health for 2022, the achievement indicator for babies aged less than 6 months receiving exclusive breastfeeding is 67.96%. This achievement has met the 2022 national target of 50%. The province with the lowest achievement was Aceh (18.29%), while the province with the highest achievement was DI Yogyakarta (147.91%), and DKI Jakarta had the highest achievement (59.58%)<sup>2</sup>. Meanwhile on the island of Java, DKI Jakarta has the lowest percentage of (exclusive) breastfeeding in 2021, namely only 65.63%. This figure decreased by 5.23 points compared to 2020 with the percentage of exclusive breastfeeding at 70.86%. The percentage of exclusive breastfeeding in DKI Jakarta in 2021 is even lower than 2019 which was 68.08%. Even so, there are still three areas in Jakarta that still have percentages below this average. The lowest percentage of babies who received exclusive breastfeeding were in West Jakarta, namely 54.63%, in Central Jakarta, 66.13%, and in North Jakarta, 68.65%. While the highest percentage of exclusive breastfeeding was in South Jakarta 83.26%, the Thousand Islands reached 77.84% and the East Jakarta area was recorded at 74.32%.<sup>3</sup>.

The magnitude of the benefits of breastfeeding is not matched by an increase in breastfeeding behavior so that babies do not get breast milk properly. Exclusive breastfeeding is giving only breast milk without giving additional food or other drinks to babies aged 0 to 6 months. After 6 months, breast milk cannot meet the needs of

minerals such as iron and zinc, so to meet these needs, iron-rich MP ASI (complementary food) must be given.<sup>4</sup>

Based on this, some researchers are trying to carry out further studies to find out the factors that can influence the failure of breastfeeding. There are several obstacles encountered including the low level of maternal education, lack of knowledge of mothers about proper lactation management, babies *prelakteal feeding* (giving sugar / dextrose water, formula milk on the first day the baby is born), and abnormal babies (babies with congenital abnormalities from birth). According to Nurdalifah's research result *set al* (2022)<sup>5</sup> shows that there is an influence between knowledge, attitude and husband's support in exclusive breastfeeding. Meanwhile, according to Fatmawati, et al (2019)<sup>6</sup> added that breast care also affects the mother's milk production, with smooth milk production there is an increase in the frequency of breastfeeding.

Based on the description of the data above, what researchers have read about the importance of exclusive breastfeeding is not only for the survival of babies but also very beneficial for mothers, families and even the country and there are so many factors that affect the level of exclusive breastfeeding for breastfeeding mothers, so that makes researchers interested in conducted research on "Factor analysis of exclusive breastfeeding in post partum mothers at Hermina Kemayoran Hospital, Central Jakarta".

### **Objective**

Analyzing the factors of exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital, Central Jakarta.

### **Method**

Analytical survey research using a research design *cross sectional* to analyze the factors of exclusive breastfeeding with a population of 412 people and a sample of 80 people. The data collection tool used in this study was a questionnaire. Data was collected, processed and analyzed using univariate and bivariate analysis.

## Result

### a. Univariate analysis

**Table 1.1**  
Distribution of Factor Frequency of Exclusive Breastfeeding to post partum mothers at Hermina Kemayoran Hospital

Variable	Frequency	Percentage
<b>Exclusive breastfeeding</b>		
No	16	20,0
Yes	64	80,0
<b>Breast Care</b>		
< 2x/day	21	26,3
≥ 2x/day	59	73,8
<b>Knowledge</b>		
Not good	27	33,8
Good	53	66,3
<b>Attitude</b>		
Not good	29	36,3
Good	51	63,8
<b>Mental health</b>		
Not healthy	13	16,3
Healthy	67	83,8
<b>Family support</b>		
Low	26	32,5
Hight	54	67,5
<b>Total</b>	<b>80</b>	<b>100,0</b>

Based on the table it can be seen that of the 80 respondents at Hermina Kemayoran Hospital, it was found that the majority (80.0%) stated that they gave exclusive breastfeeding, (73.8%) respondents stated that they did breast care  $\geq 2x/day$ , (26.3%) respondents stated that they did breast care  $<2x/day$ , (63.8%) respondents had a good attitude, (83.8%) respondents had a healthy mentality and (67.5%) respondents had high family support.

### b. Bivariat Analysis

**Table 2**  
The Relationship between Breast Care and Exclusive Breastfeeding in Post Partum Mothers at Hermina Kemayoran Hospital, Central Jakarta

Breast Care	Exclusive breastfeeding		Total	P Value	OR 95 % CI
	No	Of			
< 2x/hari	9 (42,9 %)	12 (57,1 %)	21	0,004	5,571 (1,729- 17,957)
≥ 2x/hari	7 (11,9 %)	52 (88,1 %)	59		
<b>Total</b>	<b>16 (20,0 %)</b>	<b>64 (80,0 %)</b>	<b>80</b>		

**Table 3**  
**The Relationship between Knowledge and Exclusive Breastfeeding for Post Partum Mothers at Hermina Kemayoran Hospital, Central Jakarta**

Knowledge	Exclusive breastfeeding		Total	P Value
	No	Of		
Not good	7 (25,9 %)	20 (74,1 %)	27	0,516
Good	9 (17,0 %)	44 (83,0 %)	53	
<b>Total</b>	<b>16 (20,0 %)</b>	<b>64 (80,0 %)</b>	<b>80</b>	

**Table 4**  
**The Relationship between Attitudes and Exclusive Breastfeeding in Post Partum Mothers at Hermina Kemayoran Hospital, Central Jakarta**

Attitude	Exclusive breastfeeding		Total	P Value
	No	Of		
Not good	9 (31,0 %)	20 (69,0 %)	29	0,116
Good	7 (13,7 %)	44 (86,3 %)	51	
<b>Total</b>	<b>16 (20,0 %)</b>	<b>64 (80,0 %)</b>	<b>80</b>	

**Table 5**  
**The Relationship between Mental Health and Exclusive Breastfeeding for Post Partum Mothers at Hermina Kemayoran Hospital, Central Jakarta**

Mental health	Exclusive breastfeeding		Total	P Value
	No	Of		
Tidak Sehat	2 (15,4 %)	11 (84,6 %)	13	0,940
Sehat	14 (20,9 %)	53 (79,1 %)	67	
<b>Total</b>	<b>16 (20,0 %)</b>	<b>64 (80,0 %)</b>	<b>80</b>	

**Table 6**  
**Relationship between family support and exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital, Central Jakarta**

Family support	Exclusive breastfeeding		Total	P Value	OR 95 % CI
	No	Of			
Low	10 (38,5 %)	16 (61,5 %)	26	0,010	5,000 (1,568- 15,942)
Height	6 (11,1 %)	48 (88,9 %)	54		
<b>Total</b>	<b>16 (20,0 %)</b>	<b>64 (80,0 %)</b>	<b>80</b>		

## DISCUSSION

### a. Exclusive Breastfeeding

Breast milk (ASI) is a fat emulsion in a solution of protein, lactose and inorganic salts secreted by the mother's mammary glands, and is useful as baby food.<sup>7</sup>. Mother's Milk (ASI) is an incomparable liquid created by Allah SWT to meet the

nutritional needs of babies and protect them from disease. The balance of nutrients in breast milk is at its best. At the same time, breast milk is also very rich in food extracts that accelerate the growth of brain cells and the development of the nervous system. Artificial foods for babies that are mixed using today's technology cannot compete with breast milk. Exclusive breastfeeding is breastfeeding only without additional food and other drinks during the age of 0-6 months, babies must be given the opportunity to breastfeed without being limited in frequency and duration<sup>8</sup>.

Based on the results of univariate research, it was found that 80.0% of respondents stated that they gave exclusive breastfeeding. The importance of exclusive breastfeeding because breast milk contains all the nutrients needed by babies in their first 6 months of life, including fat, carbohydrates, protein, vitamins, minerals and water. Breast milk is easy to digest and efficient for the baby's needs. Breast milk also contains bioactive factors that can protect the baby's immature immune system, provide protection against infection and factors that can help the process of digestion and absorption of nutrients. Breast milk contains colostrum which is rich in antibodies because it contains high amounts of protein for immunity and germ killers. Yellowish colostrum is produced on the first day to the third day. From the fourth day to the tenth day breast milk contains less immunoglobulin, protein and lactose than colostrum but higher in fat and calories with a whiter milk color.<sup>4</sup>.

But in reality there are several factors that can affect exclusive breastfeeding, as revealed by Roesli (2014)<sup>9</sup> which stated that these factors were in the form of breast care, knowledge, attitude, mental health and family support.

## **b. Breast Care**

*Breast care*/Breast care is an action to care for the breast, especially during the puerperium (breastfeeding) to facilitate the release of milk. Breast care is breast care after the mother gives birth and breastfeeds which is a way to take care of the breasts so that the milk comes out smoothly (Walyani & Purwoastuti, 2017)<sup>10</sup>. Breast care is an action to care for the breast, especially during the puerperium to facilitate the release of breast milk (Kumalasari, 2015)<sup>11</sup>.

The right time to carry out breast care is on the first day to the third day after giving birth. *Breast care* can be done at least 2 times a day with a duration of 30

minutes which can be done before bathing in the morning and evening. *Breast care* can affect milk production. Mothers who regularly do *breast care* milk production is more than mothers who do not do it (Kumalasari, 2015)<sup>11</sup>.

Based on the results of the study, it can be seen that as many as 59 (73.8%) respondents stated that they performed breast care  $\geq 2x/day$ . Of these, it was found that 52 (88.1%) respondents stated that they gave exclusive breastfeeding. The results of statistical analysis found a p value = 0.004, smaller than the alpha value (0.05), so it can be concluded that there is a relationship between breast care and exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital. The study also found OR = 5.571, so it can be concluded that post partum mothers who perform breast care  $\geq 2x/day$  will be 5 times more likely to provide exclusive breastfeeding than post partum mothers who perform breast care  $< 2x/day$ .

The results of this study are in line with research conducted by Qiftiyah et al (2019)<sup>12</sup> who found that there was an effect of frequency of breast care on exclusive breastfeeding behavior (0.000). Results of a similar study conducted by Muslim & Halimatusyaadiah (2018)<sup>13</sup> also found a relationship between the frequency of breast care and the smoothness of breastfeeding (0.000). Breasts as a place for milk production must get good care so that the breastfeeding process can run smoothly. The process of breastfeeding related to the smoothness of breastfeeding really needs a breast care process. Breast care is the first step to maintain cleanliness so that the breasts remain healthy and there is no infection and is carried out after giving birth which aims to stimulate the milk glands to treat the breasts so that they are clean, not easily chafed, improve blood circulation and prevent blockage of the milk ducts so as to facilitate milk production. Treatment is done in the form of massage on the breast area. This massage is useful in expediting the milk ejection reflex. In addition, it is an effective way to increase the volume of breast milk, namely to prevent dams in the breasts.

There is a relationship between breast care and exclusive breastfeeding, according to the researchers' assumption, this is because breast care can facilitate milk production, causing abundant milk and finally breast milk is given by post partum mothers to their children.

### c. Knowledge level

Knowledge is the result of "knowing" and this occurs after people sense a particular object. Sensing of objects occurs through the five human senses, namely sight, hearing, smell, taste, and touch alone (Notoatmodjo, 2018)<sup>14</sup>. At the time of sensing to produce this knowledge is strongly influenced by the intensity of perceptual attention to the object. Most of human knowledge is obtained through the eyes and ears. Knowledge is an impression in the human mind as a result of using the five senses (Mubarak, 2015)<sup>15</sup>.

Based on the research results, it can be seen that as many as 53 (66.3%) respondents have a good level of knowledge. Of these, it was found that 44 (83.0%) respondents stated that they gave exclusive breastfeeding. The results of statistical analysis found a p value = 0.516, greater than the alpha value (0.05), so it can be concluded that there is no relationship between the level of knowledge and exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital.

The results of this study are not in line with the theory put forward by Roesli (2014) which states that lack of knowledge about the benefits and goals of exclusive breastfeeding can be the cause of the failure of exclusive breastfeeding in infants (Roesli, 2014).

The results of the study are also not in line with research conducted by Anisak et al (2022)<sup>16</sup> who found that there was a significant relationship between knowledge and exclusive breastfeeding behavior (p value = 0.000). Another study conducted by Sabriana et al (2022)<sup>17</sup> also found a relationship between knowledge and exclusive breastfeeding (p value = 0.021). However, the results of the study are in line with research conducted by Pitaloka et al (2018)<sup>18</sup> who found no relationship between knowledge and exclusive breastfeeding (p value = 0.130).

According to the researcher's assumption, there is no relationship between knowledge and exclusive breastfeeding, this is because the knowledge that mothers get is only limited to information which is then stored, without any changes to actions, in this case exclusive breastfeeding.



#### **d. Attitude**

Allport (1924) in (Notoatmodjo, 2018)<sup>14</sup> states that attitude is a very important concept in the socio-psychological component, because it is a tendency to act and perceive. Attitude is a person's closed response to a certain stimulus or object, which already involves the opinion and emotion factors concerned.

Based on the results of the study it can be seen that as many as 51 (63.8%) of respondents have a good attitude. Of these, it was found that 44 (86.3%) respondents stated that they gave exclusive breastfeeding. The results of statistical analysis found a  $p$  value = 0.116, so it can be concluded that there is no relationship between attitudes and exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital.

The results of this study are not in line with the theory put forward by L. Green in (Notoatmodjo, 2018)<sup>14</sup> which states that attitude is one of the factors that can influence a person's behavior, in this case related to the behavior of mothers in exclusive breastfeeding. This is also not in line with what was stated by Anisak et al (2022) who stated that the mother's attitude influences behavior because attitude is a determinant of behavior that has a conative component, namely aspects that have a tendency to behave in accordance with the mother's attitude. A complete attitude is influenced by knowledge, thinking, and belief as well as emotions and plays an important role in the formation of a mother's attitude towards exclusive breastfeeding.

The results of the study are also not in line with research conducted by Nurdalifah et al (2022) which found a relationship between attitudes and exclusive breastfeeding ( $p$ value = 0.020). Another study conducted by Sabriana (2022) also found a relationship between attitudes and exclusive breastfeeding (0.019).

There is no relationship between attitude and exclusive breastfeeding, according to the researchers' assumption, this is because attitude is still only a form of readiness and a person's willingness to act, not a form of action to carry out certain motives, in this case the act of exclusive breastfeeding.

#### e. Mental Health

Mental health according to WHO (2001) is a state (status) of complete physical, mental (spiritual) and social well being, and not just a state free from disease, disability and weakness. According to Law No. 18 of 2014 concerning mental health is defined as a condition in which an individual can develop physically, mentally, spiritually and socially so that the individual is aware of his own abilities, can cope with pressure, can work productively and is able to make a contribution to his community. While mental health is defined by *American Psychological Association* (APA) is a manifestation due to successful adjustment or absence of psychopathology and as a condition in which a person is described as having no disturbances in the psychological, emotional, behavioral and social fields.

Based on the results of the study it can be seen that as many as 67 (83.8%) respondents have a healthy mentality. Of these, it was found that 53 (79.1%) respondents stated that they gave exclusive breastfeeding. The results of statistical analysis found a  $p$  value = 0.940, greater than the alpha value (0.05), so it can be concluded that there is no relationship between mental health and exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital.

The results of this study are not in line with the theory put forward by Prasetyono (2017) which states that the psychology of the mother greatly determines the success of breastfeeding, mothers who do not have confidence in being able to breastfeed their babies, their milk production will decrease. Mothers who are always anxious, lack self-confidence, feel depressed, and have various forms of emotional tension, may fail to breastfeed their babies. Roesli (2014) also stated that emotional factors can affect milk production. Feelings of fear, anxiety, anger, sadness, anxiety, embarrassment will affect the oxytocin reflex which ultimately suppresses milk production. Conversely, a mother's feeling happy, happy and loving her baby and proud to breastfeed her baby will increase milk production.

Another theory put forward by Dørheim et al (2009) in Adriyani et al (2023)<sup>19</sup> also stated that the mother's factor that became a problem in breastfeeding was mental health. Psychological preparation of the mother before breastfeeding is an important factor that influences the success of breastfeeding. Gürel (2011) in Adriyani et al (2023)<sup>19</sup> also stated that anxiety, stress, excessive worry, unhappiness

in the mother played a very important role in the success of exclusive breastfeeding. Mothers who are always in a state of anxiety, lack of confidence, feeling depressed and various forms of emotional tension, may fail to breastfeed their babies. One of the psychological factors that also influence is anxiety.

The results of this study are not in line with research conducted by Adriyani et al (2023)<sup>19</sup> who found a relationship between mental health and non-breastfeeding behavior (p value = 0.025). Results of research conducted by Dagla et al (2021)<sup>20</sup> also found a relationship between mental health and exclusive breastfeeding (p value = 0.029).

There is no relationship between mental health and exclusive breastfeeding. According to the researchers' assumption, this is because the mental changes that occur are still mild, so that between mothers who are mentally healthy and who are unhealthy, there is no difference in terms of exclusive breastfeeding.

#### **f. Family Support**

The family functions as a support system for its members. Family members see that people who are supportive are always ready to provide help and assistance if needed. Family support is an attitude, an act of family acceptance of its family members, in the form of informational support, appraisal support, instrumental support and emotional support (Friedman, 2010)<sup>21</sup>

Based on the results of the study, it was found that as many as 54 (67.5%) respondents received high family support. Of these, it was found that 48 (88.9%) respondents stated that they gave exclusive breastfeeding. The results of the statistical analysis found a p value = 0.010, so it can be concluded that there is a relationship between family support and exclusive breastfeeding for post partum mothers at Hermina Kemayoran Hospital. The study also found OR = 5,000, so it can be concluded that post partum mothers who receive high support from the family will be 5 times more likely to provide exclusive breastfeeding than post partum mothers who receive low support from the family.

The results of this study are in line with the theory put forward by L. Green in Notoatmodjo (2018) which states that the support of family members influences a person's behavior, in this case related to the behavior of exclusive breastfeeding.

Family support is one of the factors related to exclusive breastfeeding (Kristianti & Pratamaningtyas, 2018)<sup>22</sup>. The willingness and ability of the mother to continue giving exclusive breastfeeding will last if the mother gets great support from the family (Masruroh & Istianah, 2019)<sup>23</sup>. Support from family or husband has a very big influence (Permatasari & Sudiartini, 2020)<sup>24</sup>.

The results of this study are also in line with research conducted by Eksadela et al (2021)<sup>25</sup> who found a relationship between family support and exclusive breastfeeding (p value = 0.004). There is a relationship between family support and exclusive breastfeeding, according to the researchers' assumption, this is because families already know the importance of exclusive breastfeeding for babies. The development of social media as it is today has made it easier for families to access information, especially related to breastfeeding and exclusive breastfeeding for babies. So that the family can provide informational support, emotional support, instrumental support and assessment support.

### **Limitation**

From the results of direct experience in the research process, there are several limitations experienced so that it can be a number of factors that can be considered for future researchers to further refine their research, because this researcher himself certainly still has deficiencies that need to be continuously improved. Some of these limitations include: the number of respondents is still lacking to describe the real situation and in collecting data and information provided by respondents through questionnaires sometimes does not show true opinions, both because of differences in thinking as well as other factors such as honesty in filling out the opinions of respondents in the questionnaire

### **Conclusion**

It can be concluded that there is no relationship between knowledge, attitudes and mental health with exclusive breastfeeding, while there is a relationship between breast care and family support with exclusive breastfeeding. It can be seen that several internal and external factors can influence exclusive breastfeeding. Advice for post partum mothers to routinely perform breast care at least 2 times a day and the family to provide

full support in exclusive breastfeeding. For future researchers, it is recommended to take a larger sample, conduct ongoing research to be able to see and assess any changes in the respondent's behavior from time to time as well as the presence of other additional variables that may affect exclusive breastfeeding.

### **Ethical Considerations**

Responden yang memenuhi syarat dan kriteria sampel akan diberikan penjelasan mengenai penelitian yang akan dilakukan meliputi : tujuan dan manfaat penelitian. Setelah mendapatkan izin penelitian kemudian melakukan penelitian dengan menekankan masalah etika yang meliputi: informed consent, Anonimity, dan kerahasiaan.

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