

The Effect of Health Education on The Motivation of Posternative Women in Exclusive Assessment in The Jatiranggon Puskesmas Area Bekasi City

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Abstract

Background: Breast milk is a good nutritional intake for optimal growth and development in infants and is given from 0–6 months without adding other foods or drinks. In 2017 in Indonesia, the national exclusive breastfeeding coverage, namely 55%, is still far from the target of 80%. Meanwhile, exclusive breastfeeding coverage in Bekasi City was 33.81%.

Purpose: This study aims to determine the effect of health education on the motivation of postpartum mothers in giving exclusive breastfeeding at the Jatiranggon Health Center, Bekasi City.

Methods: This study used a pre-experimental design one group pretest posttest approach. Samples were collected using quota sampling totaling 30 postpartum mothers who breastfeed in the Jatiranggon Health Center area. The questionnaire has been tested for validity and reliability. Data analysis was performed using the Wilcoxon Signed Rank Test.

Result: Before being given health education, 53% of the 30 respondents had moderate motivation in exclusive breastfeeding. After being given health education, there was a significant 90% increase in the respondent's motivation. The Wilcoxon Signed Rank Test shows a value of 0.000, which means that there is a significant effect of health education on the motivation of postpartum mothers in exclusive breastfeeding.

Conclusion: Health education is proven to have an effect on increasing the motivation of postpartum mothers in exclusive breastfeeding. It is hoped that postpartum mothers will increase their knowledge about exclusive breastfeeding from various media and attend health education.

Keywords: Health education, motivation to exclusively breastfeed .

Introduction

A developed nation lies in the generation of the nation's children. Children are the hope for the future of the family, nation and state. The intelligence of the nation's children begins in their 1000 days of life, and the mother's main task is to be responsible for meeting the baby's nutritional needs by providing breast milk. Mother's milk is one of God's greatest gifts that is incomparable, because breast milk is the main food of choice that can be given to babies without having to buy it and can be given since the baby is born. According to IDAI (2016) in Ningrum (2019) that breastfeeding is very important for optimal growth and development, both physical and mental and intelligence of babies. Breastfeeding is the best source of nutrition with a bioactive composition that can improve the health status of mothers and children, this is in line with the objectives of the Sustainable Development Goals (SDGs), namely overcoming hunger, health problems and welfare.

Giving breast milk exclusively has been recommended by the World Health Organization (WHO), which is to give only breast milk without giving other food and drinks to babies 0 – 6 months except medicines and vitamins. However, exclusive breastfeeding coverage is still far from the WHO recommended figure of 50%. The World Health Organization (WHO) states that coverage of exclusive breastfeeding in Sri Lanka is 78%, Cambodia is 76%, North Korea is 69%, Nepal is 42%, and East Leste is 57%.

According to the Ministry of Health in Ningrum (2019), the right for babies to receive exclusive breast milk in Indonesia is according to the Decree of the Minister of Health of the Republic of Indonesia No. 405/Menkes/IV/2014, concerning exclusive breast milk for babies and the Republic of Indonesia government regulation number 33 of 2012 concerning breast milk, one of which is states that, Exclusive Breast Milk, hereinafter referred to as Exclusive Breast Milk, is breast milk given to babies from birth for 6 (six) months, without adding and/or replacing it with other foods or drinks. Coverage of exclusive breastfeeding in Indonesia and developing countries is still low. In 2017 in Indonesia, national exclusive breastfeeding coverage, namely 55%, was still far from the achievement target of 80%.

Exclusive breastfeeding coverage in West Java Province in 2019 was 63.35%, an increase of 26.06% points compared to 2018 which was 37.39%. Based on

Regency/City, the highest breastfeeding coverage was in Cirebon City at 109.66%, while the lowest breastfeeding coverage was in Bekasi City at 33.81%. This figure still does not reach the target of exclusive breastfeeding coverage as set by the Ministry of Health, namely 80%.

Breast milk contains fat emulsions in a solution of protein, lactose and organic salts secreted by both mother's breast glands, as the main food for babies. The consequences for babies who are not given exclusive breast milk and are given complementary foods before they are 6 months old are that babies experience infectious diseases, for example, diarrhea, acute respiratory infections and malnutrition. Meanwhile, the consequences for the mother are breast milk dams, swollen breasts and mastitis. According to Marzida (2016) in Pratama (2020), the first factor that influences exclusive breastfeeding is mothers' lack of knowledge about exclusive breastfeeding (32%), namely mothers stop breastfeeding because breast milk production is low. Even though exclusive breastfeeding has been widely promoted, several erroneous assumptions often ignore the baby's nutritional needs.

Public education and knowledge are important parts that must be improved to improve this condition. To accelerate the achievement of these improvement goals, health education and knowledge dissemination efforts are needed. Operationally, health education is all activities to provide and improve knowledge, attitudes, practices for individuals, groups or communities in maintaining and improving their own health. The low level of understanding about the importance of breast milk during the first 6 months of a baby's birth is due to the lack of information and health education that mothers have regarding all the nutritional value and benefits contained in breast milk.

Based on the results of research conducted by Pratama in 2020 regarding the influence of health promotion in the role of exclusive breastfeeding providers in the work area of the Arcamnik Community Health Center, it was stated that there was an influence of health education on the readiness of pregnant women to provide exclusive breastfeeding to their babies with a p-value of 0.417. Meanwhile, research conducted by Febriyeni et al in 2020 regarding the influence of health education regarding exclusive breastfeeding showed that providing health education using audio-visual media had a significant effect on increasing the attitude response of breastfeeding mothers regarding exclusive breastfeeding, where there was an increase in the mother's attitude score after

the intervention.

Apart from the factors above, a mother's success in providing exclusive breastfeeding can be influenced by individual factors, namely motivational factors, human self-drive which causes a person to do something or that person to carry out activities to achieve their goals. By having good motivation, a mother will try and the level of motivation to successfully breastfeed her baby will be higher. Based on the results of a preliminary study conducted at the Umbulharjo Community Health Center, Yogyakarta in 2019, the motivation to provide exclusive breastfeeding is weak and can be influenced by the mother's employment factor, where the results of the study show that on average respondents who have weak motivation to provide breast milk are mothers who work outside the house, either as Workers, employees or civil servants.

The Jatiranggon Community Health Center working area is one of the health units in West Java. In the incident at the Jatiranggon Community Health Center, Bekasi City, it was found that almost all part-time mothers had prepared baby pacifiers in preparation for giving formula milk. Low maternal confidence in breastfeeding can reduce breast milk production. The problems mentioned above really need to be solved and resolved.

Based on the data and facts above, the author feels that health education efforts about exclusive breastfeeding motivate postpartum mothers to breastfeed their babies because of the many benefits contained in breast milk. Therefore, the author is interested in conducting research entitled "The Effect of Health Education on the Motivation of Posternative Women in Exclusive Assessment in the Jatiranggon Community Health Center, Bekasi City 2021."

Method

1. Research design

This research is a type of research with experimental methods. Researchers carry out certain treatments to determine a symptom or influence that arises from the treatment. Researchers used a PreExperimental research design with a One Group Pretest-Posttest design.

2. Settings and samples

The population in the study was all postpartum mothers in the Jatiranggon

Community Health Center working area, Bekasi City in October – December 2020, amounting to 105 people with an average of 35 mothers per month who gave birth and breastfed their babies. Researchers used a monthly population average. The sample in this study was 30 postpartum mothers in the working area of the Jatiranggon Community Health Center, Bekasi City with the following criteria:

a. Inclusion Criteria

1. Postpartum mothers on days 1-7 who only give breast milk to their babies
2. Postpartum mothers who give birth to healthy babies
3. Willing to be a respondent
4. Able to communicate well
5. Understand reading and writing both manually and on social media

b. Exclusion Criteria

1. The postpartum mothers who are sick
2. Postpartum mothers who give birth to sick babies
3. Postpartum mothers with infant death

3. *Measurement and data collection*

In this study, 56 data were collected using a check list questionnaire for the breastfeeding mothers in the Jati Ranggon Community Health Center working area in Bekasi City in January 2021. Primary data collection was carried out for 7 days from 28 December 2021 to 4 January 2021.

4. *Data analysis;*

Data Analysis used Univariate Analysis and Bivariate Analysis.

Results

Univariate Analysis

Table 1
Frequency Distribution of Postpartum Mothers' Motivation in Exclusive Breastfeeding Before (*pre-test*) and After (*post-test*) Health Education

Motivation	<i>Pre-test</i>		<i>Post-test</i>	
	Frequency (n) ₁	Percentage (%) ₁	Frequency (n) ₂	Percentage (%) ₂
Strong	14	46.7	27	90
Medium	16	53.3	10	10
Total	30	100	30	100

Bivariate Analysis

Table 2
Paired Sample Test of the Effect of Health Education on Postpartum Mothers' Motivation in Exclusive Breastfeeding Before and After Being Provided with Education

Motivation	<i>Pre-test</i>		<i>Post-test</i>	
	Frequency (n) ₁	Percentage (%) ₁	Frequency (n) ₂	Percentage (%) ₂
Strong	14	46.7	27	90
Medium	16	53.3	10	10
Total	30	100	30	100

Discussion

1. Motivation of postpartum mothers in providing exclusive breastfeeding before and after being given health education

The results of this study show that before being given exclusive breastfeeding health education, the majority of postpartum mothers (53.3%) had moderate motivation to provide exclusive breastfeeding, whereas after receiving health education there was a change where almost all of them (90%) had strong motivation to provide Exclusive breastfeeding for the baby.

Breast milk is a great gift from God which is prepared to meet the nutritional needs of babies, breast milk provides natural immunity to the baby's body. Mother's milk is baby food that fulfills all elements of a baby's needs, both physical, psychological, social and spiritual. Breast milk alone without additional food and drink is an exclusive breastfeeding program intended for babies 0–6 months and WHO has recommended that 50% of babies worldwide should be exclusively breastfed.

The Ministry of Health (2016) stated that the main aim of health promotion is to provide information which at a further level can trigger public awareness regarding the program or movement being launched by the government, namely the provision of exclusive breast milk to every baby born in Indonesia, as an effort to increase children's intelligence.

A mother's motivation to provide breast milk exclusively is the key to achieving the nation's hopes, and motivation becomes stronger with correct information and understanding. Meanwhile, information that is wrong makes a mother less confident about giving her breast milk exclusively.

2. The Influence of Health Education on the Motivation of Postpartum Mothers in Exclusive Breastfeeding

Based on the results of the non-parametric statistical test *Wilcoxon Signed Rank Test* using *IBM SPSS Statistics* version 25, exclusive breastfeeding health education has a significant effect on the motivation of postpartum mothers in providing exclusive 70 breast milk with a significant value smaller than $\alpha = 0.05$. From 25 out of 30 postpartum mothers experienced an increase in motivation from moderate to strong motivation after being given health education about exclusive breastfeeding.

The results of this research are in line with research conducted by Ekajayanti *et al* (2019) in PMB Denpasar City, stating that there is an influence of health education about exclusive breastfeeding on increasing the knowledge of postpartum mothers in providing exclusive breastfeeding.

Researchers believe that exclusive breastfeeding health education is an effective form of health promotion and is useful for increasing mothers' motivation to provide exclusive breastfeeding to their babies. Health education is a tool of increasing correct knowledge about exclusive breastfeeding among the community.

Limitations

The limitations of this research are due to the fact that in the data collection process, researchers collected respondent data through questionnaires distributed in the form of a Google form . This sometimes does not show the respondents' true opinions. And the researcher also determined that the number of respondents was only 30 people, this is certainly not enough to be said to represent or describe the real situation. And because this research was conducted during the Covid-19 pandemic, researchers chose to carry out counseling via zoom conference and could not meet face to face.

Conclusion

From this research it can be concluded that the motivation of postpartum mothers before being given health education about exclusive breastfeeding was in the moderate motivation category (53%), and after being given health education increased to strong motivation of 90%. There is an influence of health education on the motivation

of postpartum mothers in providing exclusive breastfeeding in the Jatiranggon Community Health Center working area, Bekasi City.

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