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JURNAL KEPERAWATAN KOMPREHENSIF	VOL. 8	Special Edition	Page 1-222	Bandung June 2022	ISSN 2354-8428 e-ISSN 2598-8727
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Research Article

Relationship of Mothers' Characteristic, Attitude, and Self Efficacy Toward Exclusive Breastfeeding Practice in Work Area of Tigaraksa Public Health Centre

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Received : 11/05/2022

Revised : 22/06/2022

Accepted : 28/06/2022

Online : 30/06/2022

Published : 30/06/2022

Abstract

Aims: Based on data from the Banten Province Health Office (Dinkes), the percentage of exclusive breastfeeding coverage in 2016 was around 55.75% (Profile of Banten Provincial Health Office, 2017). Exclusive breastfeeding coverage in 2014 was 27%, in 2015 it was 40%, in 2016 it was 50%, in 2017 it was 58.72% and in 2018 it was 41.59% (Tangerang District Health Profile, 2018).

Objective: Examine the relationship between age, level of education and occupation, attitudes, and self-efficacy towards the practice of exclusive breastfeeding in the work area of Tigaraksa Public Health Center, Tangerang Banten.

Methods: This study employs quantitative techniques for associative analysis. Women who were breastfeeding their children between the ages of 6 months and 12 months comprised the study's population. One hundred people were randomly selected to participate in the study's samples. A questionnaire was employed to collect information for the study. Chi-square test was used for statistical analysis.

Result: The results of this study show that: (1) breastfeeding mothers' age is related to their rates of exclusive breastfeeding ($p = 0.000$); (2) mothers' education is related to their rates of exclusive breastfeeding ($p = 0.043$); (3) mothers' employment status is related to their rates of exclusive breastfeeding ($p = 0.000$); (4) breastfeeding mothers' income is related to their rates of exclusive breastfeeding ($p = 0.000$)

Conclusions and Suggestions: Mothers' exclusive breastfeeding rates at the Tigaraksa Public Health Center, Tangerang Banten, are related to their ages, levels of education, occupations, breastfeeding attitudes, and breastfeeding self-efficacy. Doctors, nurses, and lactation counselors, among others, should routinely provide support and counseling to families who choose to breastfeed exclusively.

Keywords :

Attitude, self efficacy, and exclusive breastfeeding

INTRODUCTION

Breast milk (ASI) is the only perfect and best food for babies because it contains the nutritional elements needed by babies for infant growth and development in order to achieve optimal baby growth and development. Breast milk is a very valuable gift that can be given to a baby, in a state of poverty it may be the only gift, in a state of illness it may be a gift that saves his life (1). The nutritional needs of babies up to the age of 6 months can be met only by giving breast milk alone or called exclusive breastfeeding.

Exclusive breastfeeding is the baby's first natural food and provides all the vitamins, nutrients and minerals a baby needs for the growth of the first six months. Breast milk can provide all the nutrition a baby needs for up to half a year without any additional food or liquids. Furthermore, breast milk contains antibodies from the mother that aid in the battle against sickness. Babies do best on a diet consisting primarily of breast milk for the first six months (2).

Priority should be given to expanding access to breast milk (ASI), with an emphasis on exclusive breastfeeding. Because of its far-reaching effects on the health and nutrition of children under the age of five, this is the case. The high-level conference on child welfare also backed this idea, saying that all families should be aware of the significance of the first six months of a woman's life being dedicated to breastfeeding. UNICEF, the WHA, and many other countries have all recently recommended a six-month period of exclusive breastfeeding (3).

Access to breast milk (ASI) should be prioritized, with an emphasis on exclusive breastfeeding. The reason for this is that it has far-reaching impacts on the health and nutrition of children under the age of five. All families should be aware of the importance of breastfeeding in the first six months of a woman's life, according to a

statement from the high-level conference on child welfare, which endorsed this approach. It has been lately advised by UNICEF, the World Health Organization, and many other countries that infants exclusively breastfed for the first six months of life (3).

Based on data from the Health Profile of the Republic of Indonesia from 2014 to 2016, the achievement of exclusive breastfeeding in Indonesia tends to fluctuate or fluctuate. Indonesia's exclusive breastfeeding achievement in 2014 was 52.3%, then it increased in 2015 to 55.7% and in 2016 it decreased to 54.0%. This coverage still does not meet the exclusive breastfeeding coverage target set by the Indonesian Ministry of Health, which is 80% (Health Profile, 2016). Information collected by the Health Office of Banten Province (Dinkes) in 2016 indicates that approximately 55.75 percent of infants were exclusively breastfed at some point during that year (Profile of Banten Provincial Health Office, 2017). In 2014, just 27% of babies were breastfed exclusively; in 2015, 40% did so; in 2016, 50% did so; in 2017, 58.72% did so; and in 2018, 41.59% did so (Tangerang District Health Profile, 2018).

Maternal factors (including age, education, and career), as well as mothers' attitudes and perceived abilities, play a significant role in the low rate of exclusive breastfeeding (4,5). Given that a person's age considerably affects a person's maturity in thinking and behaving, maternal age is one of the predisposing elements that influence moms in practicing exclusive breastfeeding. Knowledge is shaped in part by a person's amount of schooling. A higher education correlates with a greater propensity for beneficial actions, such as exclusive breastfeeding, when compared to a lower education. Successful or unsuccessful exclusive breastfeeding has been linked to a mother's employment status. One's attitude is the result of their response to some external factor. The needs

of babies are more likely to be met by mothers who have a positive outlook on the practice of exclusive breastfeeding. (6) The term "self-efficacy" refers to an individual's perception of his or her own capabilities and the degree to which they can accomplish goals and overcome challenges. A mother's confidence in her ability to care for her baby effectively predicts whether or not she will choose to breastfeed exclusively.

METHODS

The methodological approach that was used for this study was called associative correlation. The purpose of correlational or associative research is to identify the factors that contribute to or mitigate changes in one variable, the dependent variable (7).

Women who were breastfeeding their children between the ages of 6 months and 12 months comprised the study's population. One hundred people were randomly selected to participate in the study's samples. The research instrument used for data collection was a questionnaire. The questionnaire used is a closed questionnaire where the answer options for each question item or statement have been predetermined so that the respondent only chooses one of the answers that have been provided.

Using the SPSS software, we performed a bivariate analysis of the data and checked for a correlation between the two sets of numbers using the Chi-square statistic (Chi-square test). If the p-value is less than 0.05, then the two variables do not have a statistically significant link; otherwise, we say that there is a relationship (8).

RESULTS

Univariate Analysis Results

Table 1.
Results of Univariate Analysis of Variables Age, Education Level, Occupation, Attitude, Self Efficacy, and Practice of Exclusive Breastfeeding

Variable	Kriteria	Criteria	Percentage
Age	1. <30 years old	49	49%
	2. 30 years	51	51%
	Total	Total	100%
Level of education	1. Tall	27	27%
	2. Intermediate	52	52%
	3. Low	21	21%
	Total	Total	100%
Work	1. Working	61	61%
	2. Not	39	39%
	Total	Total	100%
Attitude	1. Positive	57	57%
	2. Negative	43	43%
	Total	Total	100%
Self efficacy	1. Well	52	52%
	2. Not enough	48	48%
	Total	Total	100%
Exclusive breastfeeding	1. Giving	58	58%
	2. No	42	42%
	Total	Total	100%

Based on age category, breastfeeding mothers in the working area of Tigaraksa Health Center were more than 30 years old than mothers aged <30 years. Where the number of mothers aged 30 years is 51 people (51%). While the number of mothers with age <30 years is 49 people (49%).

Breastfeeding moms in the Tigaraksa Health Center catchment region are more likely to have a secondary education than those with lower or higher levels of education. Where the number of mothers with secondary education is 52 people (52%). The number of mothers with low education is 21 people (21%), and mothers with high education are 27 people (27%).

Based on occupation, there are more breastfeeding mothers in the Tigaraksa Health Center working area than mothers who do not work. Where the number of working mothers is 61 people (61%). While the number of mothers who do not work is 39 people (39%).

Breastfeeding mothers at the Tigaraksa Health Center are supportive of exclusive breastfeeding than are unsupportive. In which there are 57 upbeat mothers (57 %). Contrarily, 43 moms had unfavorable outlooks (43 %).

Breastfeeding mothers in the work area of the Tigaraksa Health Center have more good self-efficacy in exclusive breastfeeding than mothers with poor self-efficacy. Where the number of mothers with good self-efficacy is 52 people (52%). Meanwhile, the number of mothers with poor self-efficacy was 48 people (48%).

Breastfeeding mothers who brought their infants to the Tigaraksa Health Center's working area were more likely to nurse their infants exclusively. There were 58 moms who breastfed their infants exclusively (58 %). The number of moms who did not nurse their babies exclusively was 42. (42 %).

Results of Bivariate Analysis

Table 2.
Results of Bivariate Analysis of the Relationship of Age, Education Level, Occupation, Attitude, and Self Efficacy to the Practice of Exclusive Breastfeeding

Independent Variable/Category	Exclusive Breastfeeding Practice				<i>p-value</i>
	Giving No		Giving No		
	N	%	N	%	
Age					
<30 years old	17	35%	32	65%	0,000
30 years	41	80%	10	20%	
Total	58	58%	42	42%	
Level of education					
Tall	20	74%	7	26%	0,043
Intermediate	30	58%	22	42%	
Low	8	38%	13	62%	
Total	58	58%	42	42%	
Work					
Working	26	43%	35	57%	0,000
Not	32	82%	7	18%	

Total	58	58%	42	42%	
Attitude					
Positive	44	77%	13	23%	0,000
Negative	14	33%	29	67%	
Total	58	58%	42	42%	
Self Efficacy					
Well	37	71%	15	29%	0,006
Not enough	21	44%	27	56%	
Total	58	58%	42	42%	

Age of breastfeeding women correlates with exclusive breastfeeding at Tigaraksa Public Health Center, Tangerang, Banten. Where the Chi-Square test results show the p value (0.000) less than (0.05). Of the 49 breastfeeding mothers with less average age (<30 years) more did not give exclusive breastfeeding to their babies (65%) than those who did (35%). There were 51 mothers with above average age (≥ 30 years) where more mothers gave exclusive breastfeeding (80%) compared to mothers who did not give (20%).

At Tigaraksa Public Health Center, there is a correlation between the mother's level of education and the practice of exclusive breastfeeding, Tangerang, Banten. Where the results of the Chi-Square test show the p value (0.043) is less than (0.05). Of the 27 nursing mothers with higher education, more exclusively breastfed their babies (74%) than those who did not (26%). There were 52 mothers with secondary education where more mothers gave exclusive breastfeeding (58%) compared to mothers who did not give (42%). There are 21 mothers with low education where more mothers do not give exclusive breastfeeding (62%) than mothers who give (38%).

Tigaraksa Public Health Center in Tangerang, Banten found a correlation between mothers' occupations and their rates of exclusive breastfeeding. Where the Chi-Square test results show the p value (0.000) less than (0.05). Of the 61

breastfeeding mothers who worked, more did not give exclusive breastfeeding to their babies (57%) than those who did (43%). There are 39 mothers who do not work where more mothers do not give exclusive breastfeeding (82%) compared to mothers who give (18%).

At the Tigaraksa Public Health Center, there is a correlation between the mother's attitude toward breastfeeding and the practice of exclusive breastfeeding, Tangerang Banten, where the Chi-Square test results show the p value (0.000) less than (0.05). Of the 57 breastfeeding mothers who were positive about breastfeeding, more gave exclusive breastfeeding to their babies (77%) than those who did not (23%). When comparing moms who did and did not breastfeed exclusively, 43 mothers with negative attitudes found that more women did not breastfeed (67%) (33%).

There is a correlation between maternal self-efficacy and exclusive breastfeeding at the Tigaraksa Public Health Center in Tangerang Banten, Indonesia, where the p-value for the Chi-Square test is less than 0.006. (0.05). Seventy-one percent more of the 52 breastfeeding women with high self-efficacy exclusively breastfed their babies than those who did not (29 %). There are 43 mothers with low self-efficacy where more women do not breastfeed exclusively (56 %) than mothers who breastfeed exclusively (44 %).

DISCUSSION

Based on the results of the study, the majority of breastfeeding mothers in the working area of Tigaraksa Health Center were 30 years old or more than mothers aged <30 years, where mothers with age 30 years were 51 people (51%) and mothers with age <30 years were 49 people (49%). Mothers at a younger age have immature physical, mental and psychological aspects when facing breastfeeding readiness. Meanwhile, mothers with mature age tend to have rational thoughts in acting (9).

Based on the level of education, the majority of breastfeeding mothers have a secondary education level or higher than mothers with low education and mothers with high education. There are 52 mothers with secondary education (52 %), 21 mothers with low education (21 %), and as many as 27 mothers with higher education (27 %). In this survey, there were more respondents with secondary education (SMA) since the majority of respondents believed that their level of education was sufficient. With only a high school education did respondents feel they could accept all of the given data. The relationship between education and people's attitudes, perceptions, and behavior is quite substantial, such that the more educated a person is, the more reasonable he is while making certain decisions (9).

In the vicinity of the Tigaraksa Health Center, breastfeeding mom are often more employed than non-working mothers, where working mothers are 61 people (61%) and mothers who do not work are 39 people (39%).

Breastfeeding mothers in the working area of Tigaraksa Health Center mostly have positive attitudes in exclusive breastfeeding, mothers with positive attitudes are 57 people (57%) and mothers with negative attitudes are 43 people (43%). Most of the respondents' attitudes support the efforts of exclusive breastfeeding because the experience of

exclusive breastfeeding respondents has many benefits. Attitude is a form of a person's closed response to a particular stimulus or object which is manifested by opinions and emotions. A person's attitude is manifested in the form of receiving (receiving), responding (responding), appreciating (valuing), and being responsible (responsible) (Pakpahan, et al, 2021).

The majority of exclusive breastfeeding mothers in the Tigaraksa Health Center service region have strong self-efficacy or more than mothers with low self-efficacy. Where mothers with good self-efficacy are 52 people (52%) and mothers with poor self-efficacy are 48 people (48%). Self efficacy in breastfeeding is the self-confidence possessed by mothers regarding breastfeeding which can be a tool in predicting for mothers to decide to breastfeed, how efforts are made to breastfeed, are there any mindsets that mothers have to build or even damage and how to respond to mothers to face the challenges of breastfeeding. various problems and difficulties during breastfeeding (10). Breastfeeding mothers need confidence that they can provide breast milk for their babies until the agreed time limit. Low self-efficacy in terms of breastfeeding can lead to negative perceptions and motivations, and tend not to give breast milk to babies and replace them with other things, such as formula milk.

In the working region of the Tigaraksa Health Center, the majority of breastfeeding moms gave exclusive breastfeeding or greater than women who did not give exclusive breastfeeding. Where there were 58 women who gave exclusive breastfeeding (58 %) and 42 mothers who did not give exclusive nursing (42 %). The high prevalence of exclusive breastfeeding is due to the fact that many mothers value the benefits of exclusive nursing for both babies and mothers. In the first six months of life, the optimal nourishment for infants

is exclusive breastfeeding. Exclusive breastfeeding for six months is essential for the growth and development of the infant, protects the infant, and can combat infections such as diarrhea, allergies, and other respiratory illnesses.

The bivariate analysis revealed an association between the age of breastfeeding women and the practice of exclusive breastfeeding in the Tigaraksa Health Center's work area, with a p value of 0.05. Less-than-average-aged mothers (30 years) are more likely not to breastfeed their newborns exclusively than those who do. In contrast, moms who are older than average (30 years) are more likely to breastfeed exclusively than those who do not. Aged mothers exhibit a good attitude toward breastfeeding. Meanwhile, younger mothers often feel ashamed to breastfeed and take better care of their breasts (11). According to Wawan and Dewi (12) the more mature the person's level of maturity and strength in thinking and working, the better.

The bivariate analysis revealed a relationship between the amount of education of breastfeeding women and the practice of exclusive breastfeeding in the Tigaraksa Health Center's work area, with a p value of 0.05. Women with a greater level of education are more likely to nurse their newborns exclusively than those with less education. More women with low levels of education do not exclusively breastfeed than mothers who do. The mother's degree of education can contribute to the success of exclusive breastfeeding for infants under the age of five. The greater a person's level of education, the easier it is for them to absorb knowledge (13). Notoatmodjo (14) explains that the higher the education, the easier it is to accept new things and more easily adapt to these new things.

Exclusive breastfeeding was more common in the workplaces of breastfeeding mothers who worked at the Tigaraksa Health Center, according to the results of a bivariate study (p0.05). Working mothers

are less likely to breastfeed exclusively than stay-at-home mothers. Due to time constraints, working mothers can be a barrier to the effectiveness of the exclusive breastfeeding program (15). Mothers who work outside the home generally tend to give complementary foods to breast milk for their babies sooner than the stipulated time, because the time they have is relatively short to be with their babies in the house. Time constraints and work fatigue also affect the production of breast milk to be less and there is a perception of insufficient breast milk.

Among working women at the Tigaraksa Health Center, the exclusive breastfeeding rate was significantly higher among those who had a positive attitude toward the practice. This was determined by doing a bivariate analysis, the significance level of which was set at p 0.05. Compared to moms with a negative outlook, those with a positive outlook are more likely to nurse their infants exclusively. To put it another way, an attitude is not directly manifested because it is a reaction or response of a person who is still closed to a stimulus or object. The formation of exclusive breastfeeding behavior is preceded by an attitude that is formed in a person to do something. The behavior that appears is in accordance with the attitude that is formed, if a good attitude is formed, good behavior will also be formed. In relation to exclusive breastfeeding, the mother's attitude is how the closed response or response of breastfeeding mothers to exclusive breastfeeding. If the mother already has a strong attitude in giving exclusive breastfeeding, the behavior will be strong as well.

Self-efficacy was found to be associated with exclusive breastfeeding among Tigaraksa Health Center employees, as determined by a bivariate study, with a p value of <0.05. Mothers who have good breastfeeding self-efficacy give more exclusive breastfeeding than mothers who have poor self-efficacy. Self-efficacy of breastfeeding mothers has a very big role.

One of them is to determine the choice of behavior. Mothers tend to give breast milk when the mother feels she has a good ability, if the mother has great confidence to give breast milk to her baby, then the mother will prefer to breastfeed rather than give formula milk to her baby. High self-efficacy can lead to high commitment of mothers in breastfeeding. Mothers with self-efficacy are considered to be able to overcome the obstacles that arise during breastfeeding and focus on the positive aspects of breastfeeding which directly have an impact on exclusive breastfeeding (16). One of the factors that determines whether or not an infant is exclusively breastfed is the mother's confidence in her ability to produce enough breast milk to suit her child's demands.

CONCLUSION

It can be determined, based on research and discussion outcomes, that:

1. In the community of Tigaraksa, Banten, Indonesia, exclusive breastfeeding is more common among moms who are older.
2. At the Tigaraksa Public Health Center in Tangerang, Banten, there is a correlation between the level of breastfeeding education received by women and the rate at which they nurse their infants.
3. Exclusive breastfeeding is more common in the Tigaraksa Public Health Center in Tangerang, Banten, where moms who are breastfeeding often work.
4. At the Tigaraksa Public Health Center in Tangerang, Banten, researchers found a correlation between women' positive attitudes toward breastfeeding and their rates of exclusive breastfeeding.
5. Breastfeeding mothers' confidence in their ability to breastfeed successfully correlates with their rates of exclusive breastfeeding at the Tigaraksa Public Health Center in Tangerang, Banten.

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