

THE RELATIONSHIP BETWEEN MIDWIFE SUPPORT AND FAMILY SUPPORT FOR EXCLUSIVE BREASTFEEDING IN THE WORK AREA OF THE ASSISTANT HEALTH CENTER OF RUMBAI JAYA VILLAGE UPT PUSKESMAS KEMPAS JAYA

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ABSTRACT

Exclusive breastfeeding is only giving ASI without any additional food until the baby is 6 months old. Coverage of exclusive breastfeeding in the working area of the UPT Puskesmas Kempas that received exclusive breastfeeding was 55,85%. Kempas Jaya Health Center UPT consists of 12 villages, where the village of Rumbai Jaya as much as 59,45% has not reached the national target of 80%. Midwife and family support are factors that influence the success of exclusive breastfeeding. The purpose of this study was to find out the relationship between midwife and family support for exclusive breastfeeding in the work area of ??the Rumbai Jaya Village Supporting Health Center. This research is a descriptive analytic qualitative research with cross sectional approach. The study population of mothers who have babies aged 6-24 months, 114 mothers and a total sample of 77 mothers, with sampling using random sampling. Data analysis used univariate analysis, bivariate analysis with chi square. Univariate analysis of mothers who received midwife support 72,7% while mothers who received family support 68.8%. The results of data analysis obtained p value of midwife support (0,000) and family support (0,000) for exclusive breastfeeding, meaning that there is a significant relationship between midwife support and family support for exclusive breastfeeding. The conclusion of this study is that there is a relationship between midwife and family support for exclusive breastfeeding in the working area of the Rumbai Jaya Supporting Village Puskesmas UPT Puskesmas Kempas Jaya

Keywords : exclusive breastfeeding, midwife support, family support

1.INTRODUCTION

One of the goals of the third Sustainable Development Goals (SDGs) in the second target is by 2030 to end preventable infant and under-five mortality. Therefore, in order to reduce child morbidity and mortality, the United Nation Childrens Fund (UNICEF) and the World Health Organization (WHO) recommends early initiation of breastfeeding (IMD) within one hour after delivery, babies should be exclusively breastfed for 6 months, and Breastfeeding is continued for

up to 2 years. Breast milk contains all the nutrients a baby needs for growth and developed on research conducted in the United States, it was found that babies who were exclusively breastfed for 6 months had a 72% lower risk of developing respiratory infections, a 50% lower risk of developing otitis media, and a 30% lower risk of developing diabetes. In addition, breast milk can also reduce the risk of Sudden Infant Death Syndrome (SIDS) by 36% (American Academy of Pediatrics, 2012).

Data on the frequency of babies in the working area of the UPT Puskesmas Kempas Jaya, Kempas Subdistrict, Indragiri Hilir Regency who received exclusive breastfeeding were 342 babies with details, 63 babies in Kempas Jaya village, 39 babies in Harapan Farmers village, 28 babies in Sungai Fig village, 60 babies in Sungai Gantang village The village of Pulai Indah had 22 babies, Rumbai Jaya village had 37 babies, Karya farmer village had 16 babies, Minggu Tua village had 32 babies, Kulim Jaya village had 9 babies, Kerta Jaya village 12 babies, Bayas Jaya village 26 babies, Rabbit river village as many as 5 babies (Puskesmas Kempas, 2018).

In a preliminary study that was conducted with Rumbai Jaya Village Supporting Puskesmas (Pustu) officers who held nutrition programs in December 2018, it was found that the health education strategy on exclusive breastfeeding was in the working area of the Rumbai Jaya Village Auxiliary Puskesmas (Pustu), then interviews conducted by researchers at the beginning of July 2019 in the working area of the Rumbai Jaya Village Auxiliary Puskesmas (Pustu) for 10 mothers who had babies aged 6-24 months, only 4 babies received exclusive breastfeeding, 4 babies received formula milk from birth because the milk did not come out and did not sufficient, 2 babies receive additional food before 6 months of age.

The low coverage of exclusive breastfeeding in the working area of the Puskesmas Supporting UPT Puskesmas Kempas Jaya, Kempas District, Indragiri Hilir Regency is due to a mother's lack of confidence in giving exclusive breastfeeding, they argue that her breastfeeding is lacking, so the mother thinks of giving complementary foods early, this is In line with the lack of family support, be it from the husband, parents-in-law or family, the family assumes that even though the baby is given MP ASI early, the baby still looks healthy like any other baby.

Exclusive breastfeeding coverage data in the working area of the UPT Puskesmas Kempas Jaya, Kempas District, Indragiri Hilir Regency, showed that the number of babies who received exclusive breastfeeding was 55,85%. The UPT Puskesmas Kempas Jaya consists of 12 villages,

among the villages with the highest achievement was Pekan Tua village at 65,62%, while the village with the lowest achievement was Rabbit river village at 40%.

2. DISCUSSION

a. The Relationship between Midwives Support and Exclusive Breastfeeding

Based on the results of the study, it can be seen that the support of midwives in the effort of giving exclusive breastfeeding in the working area of the Rumbai Jaya Village Helper Community Health Center, Kempas District, Indragiri Hilir Regency. , 5 respondents (8.9%) did not respond well to the form of support provided by midwives in an effort to provide exclusive breastfeeding. Mothers who gave exclusive breastfeeding to their babies were 4 respondents (19.0%) while mothers who did not exclusively breastfeed their babies were 17 respondents (81.0%). Chi Square test results obtained a significance value of p value of $0.000 < 0.05$, it can be concluded that there is a relationship between midwife support for mothers in exclusive breastfeeding in the working area of the Puskesmas Pembantu Desa Rumbai Jaya.

In line with Kriselly's research (2012), based on the results of the study, most of the 26 respondents (73.08%) mothers did not exclusively breastfeed their children. The number of mothers who do not provide exclusive breastfeeding to their children because most of the respondents work outside the home, and mothers feel that breastfeeding alone cannot meet the needs of the child because the child is always fussy, supported by the level of knowledge of the mother, caregiver and grandmother and her husband is not good, so that There is a tendency for mothers to provide complementary foods with breast milk such as formula milk, rice mixed with bananas, or team rice to children who are less than 6 months old.

According to the assumptions of the researchers, this is due to a lack of communication between mothers and midwives, so that the mother does not understand the benefits of exclusive breastfeeding and there are also working mothers so they say they do not give exclusive breastfeeding to their babies because of the mother's lack of knowledge about breast milk. This is based on the answers to the questionnaire filled in by respondents, including many who do not breastfeed for 6-12 months but also give their babies formula milk to their babies.

b. Family Support Relationship to Exclusive Breastfeeding

Based on the results of the study, mothers who received support from their families in the form of attention, respect, empathy and affection were able to provide a significant increase in the

volume of exclusive breastfeeding, this can be seen from the assessment of the results of the questionnaire that had been distributed by 77 respondents, mothers who did not receive support from the family. and not exclusively breastfeeding as many as 19 respondents (79.2%) were greater than the mothers who did not receive support and gave exclusive breastfeeding as many as 5 respondents (20.8%), while 50 respondents (94.3%) gave a value Positive from the process of family support to mothers who provide exclusive breastfeeding, this value is greater than mothers who receive support but do not exclusively breastfeed as many as 3 respondents (5.7%) for their babies and respondents prefer to give their baby formula milk. Chi Square test results obtained a significance value of p value of $0.000 < 0.05$, it can be concluded that there is a relationship between family support for exclusive breastfeeding in the working area of the Puskesmas Pembantu Desa Rumbai Jaya.

According to the researchers' assumptions, during the research process, it was found that the family that provided support in the form of trust, attention, listening, listening, compassion and empathy was able to significantly increase the volume of breast milk. Meanwhile, mothers who are not given support from their families will become easily stressed, irritable, excessively tired and high emotional, so that the volume of breast milk decreases and causes the baby to lack the nutritional intake obtained from breast milk.

3. CONCLUSION

- a. The results of the research conducted showed that the percentage of mothers who gave exclusive breastfeeding in the working area of the Puskesmas Pembantu Rumbai Jaya was more mothers than mothers who did not provide exclusive breastfeeding.
- b. The percentage of mothers who received support from a midwife in exclusive breastfeeding was far more than mothers who did not receive support from a midwife, as well as a percentage of mothers who received support from their family more than mothers who did not receive support.
- c. Based on the statistical test of the two variables of support for midwives and families using the chi square test, the p value = $0.000 < \text{Alpha } 0.05$. It can be concluded that there is a relationship between the support of midwives and families for exclusive breastfeeding in the working area of the village of Rumbai Jaya UPT Puskesmas Kempas Jaya

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