

RELATIONSHIP OF KNOWLEDGE, OCCUPATION AND CULTURAL ASPECTS TO THE EXCLUSIVE BREASTFEEDING IN INFANTS AGED 0-6 MONTHS IN KUOK COMMUNITY HEALTH CENTERS KAMPAR REGENCY IN 2015

Nur Afrinis

Lecturer at STIKes Tuanku Tambusai Riau
Email: afrinis.eva@gmail.com

Abstract

The data of basic health research (Riskesdas) in 2013 show that mothers gave exclusive breastfeeding in Indonesia only 30.2%. In 2014, the achievement of exclusive breastfeeding in Kampar regency only 76.4%. Kuok Community Health Centers is one of the health centers with the achievement of the lowest breastfeeding, only 49.31%. The purpose of this research was to identify relationship of knowledge, occupation and cultural aspects of the exclusive breastfeeding in infants aged 0-6 months in Kuok Health Centers Kampar regency in 2015. This research used cross sectional study design with 83 subjects that chosen by simple random sampling technique. The research population was all mothers with babies aged 0-6 months in Kuok Health Centers Kampar Regency in 2015. The data was collected by questionnaires. Statistic analysis used univariate and bivariate analysis. Chi-square test showed that there are significant relationship between knowledge (p value $0,00 < 0,05$), occupation (p value $0,001 < 0,05$), cultural aspects (p value $0,00 < 0,05$) to giving of exclusive breastfeeding. The suggestion to Kuok Health Centers to improve the percentage of exclusive breastfeeding, that is to give exclusive breastfeeding counseling for pregnant and breastfeeding mothers.

Keywords : Knowledge, Occupation, Cultural Aspect, exclusive breastfeeding

BACKGROUND

Exclusive breastfeeding is to give only breast milk until infants aged 6 months. Exclusive breastfeeding babies will experience excellent growth, high intelligence, better endurance, weight gain stable and rarely sick (Husnaria, 2011).

Exclusive breastfeeding is influenced by internal and external factors. Internal factors are factors whose mothers are of age, knowledge, health conditions, and the perception of the mother. While external factors such as education, support health care workers, family support, promotion of infant formula, and culture in the neighborhood. (Pertiwi, 2012).

In developing countries, about 10 million babies dying and 60% of these deaths should be reduced by breastfeeding. Breastfeeding has been shown to improve the health status of the baby

To reduce morbidity and mortality of children, *United Nation Children* (UNICEF) dan *World Health Organization* (WHO) recommends that babies should be breastfed exclusively for 6 months. Complementary foods should be given when the child is 6 months old and breastfeeding should be continued until the age of two years (Afriani, 2014).

Results Health Research in 2013 showed the percentage of exclusive breastfeeding in infants aged 6 months of 30.2% (Riskesdas, 2013).

RI Health Department has targeted coverage of exclusive breastfeeding in 2010 by 80%. The number of babies in the province of Riau in 2013 was 113 686 infants, but hanya 58.172 infants (51.2%) were given exclusive breastfeeding. This achievement is still far from the national target of 80% (Afriani, 2014). in Kampar, in 2013 there were 70.9% (4,029 infants) of 5683 infants given the number of exclusive breastfeeding



and in 2014 was 76.4% (4,615 people) of 8420 the number of babies who were breastfed exclusively. Although there has been increased in 2014 but this achievement has yet to reach the national target of 80%.

Based on data from the Health Department Kampar Regency Year 2013-2014 can be seen that the percentage of coverage exclusive breastfeeding in the PHC Kuok in 2014 decreased significantly from 2013. Based on the data reports PHC Coverage Exclusive breastfeeding Kuok Year 2013-2014 can be seen that the percentage of exclusive breastfeeding coverage in 2014 (49%) decreased from 2013 (67.5%).

The purpose of this research was to identify relationship of knowledge, occupation and cultural aspects of the exclusive breastfeeding in infants aged 0-6 months in Kuok Health Centers Kampar regency in 2015.

METHODE

Research Design

This type of research is the design of quantitative analytical cross sectional approach

Location and Time of Research

This research was conducted in Community Health Center Kuok Kampar regency on 01 May - July 31, 2015.

Population

The population in this study are all mothers of infants aged 0- 6 months working area of Community Health Centers Kuok Kampar District

Sampel

Mothers with infants aged 0- 6 months in Puskesmas Kuok Kampar many as 83 people. Sampling is done by simple random sampling.

Data Collection Tool

The instruments used in data collection were questionnaires

Data Collection Procedures

Quantitative data collection is done using a questionnaire. Data collected consist of primary data and secondary data. Primary data include respondents' knowledge, work and culture. The collection of primary data obtained by direct interview to the respondents using questionnaires.

Data analysis

Data was analyzed by univariate and bivariate analysis. Bivariate data analysis using the chi-square test.

RESULT

Table 1. The relationship between knowledge with Exclusive breastfeeding in Infants Age 0-6 Months

Knowledge	Exclusive Breastfeeding				Total	P value	
	No		Yes				
	n	%	n	%	n	%	
Less	4	93.	3	6.8	4	10	0.00
	1	2			4	0	
Enough	1	50.	1	50.	2	10	
	1	0	1	0	2	0	
Good	7	41.	1	58.	1	10	
		2	0	8	7	0	
Total	5	71.	2	28.	8	10	
	9	9	4	9	3	0	

Analysis results in Table 1 indicate that the variables mother's knowledge about exclusive breastfeeding has a significant relationship with exclusive breastfeeding ($p < 0,00$).

Tabel 2 The relationship between mother occupation With Exclusive breastfeeding in infants aged 0-6 months

Occupation	Exclusive Breastfeeding				Total	P value	
	No		Yes				
	n	%	n	%	N	%	
Bekerja	4	84.	8	15.1	4	10	0.00
	5	9			7	0	
Tidak bekerja	1	46.	16	53.3	2	10	
	4	7			5	0	
Jumlah	5	71.	24	28.9	8	10	
	9	1			3	0	

From table 3 there is a significant relationship between the occupation mother has the exclusive breastfeeding ($p < 0,001$).



Tabel 3. The relationship between cultural aspects with Exclusive breastfeeding in Infants Age 0-6 Months

From table 3 there is a significant relationship between the cultural aspects of the mother has the exclusive breastfeeding ($p < 0,00$).

The relationship between knowledge of mother with Exclusive Breastfeeding

Rate of exclusive breastfeeding in Indonesia is still low. Low knowledge of mothers about the benefits of breastfeeding and the promotion of infant formula failed to make many mothers breastfeed their babies exclusively.

Statistical test results determine the P value obtained is $0,000 < 0,05$ means statistically there is a significant relationship between knowledge with exclusive breastfeeding. A person can get knowledge of facts or new information and can be recalled. In addition it is also knowledge gained from life experiences that can affect a person's behavior in studying the behavior of someone in studying the information obtained.

Lack of knowledge of mothers on exclusive breastfeeding due to low education, lack of information on the exclusive breastfeeding and lack of experience in breastfeeding as seen from the age of the majority of mothers are in the younger age (<30 years).

The relationship between Work With Exclusive Breastfeeding

Statistical test results obtained determine the P value is $0.001 < 0,05$ means statistically there is a significant relationship between work with exclusive breastfeeding. Work is not a reason to give exclusive breastfeeding

breastfeeding can be done by flushing, store and provide breastmilk (ASIP) (Abdullah, 2012)

The relationship between the Cultural Aspects With Exclusive Breastfeeding

Statistical test results obtained determine the P value was $0.00 < 0:05$ means statistically there is a significant relationship between work with exclusive breastfeeding.

Culture has a very large role in exclusive breastfeeding. ultural influence on the low exclusive breastfeeding, because many mothers give their babies other food due to

hereditary in the family habits and lack of socialization of health personnel, especially the advice and information about exclusive

Cultural Aspect	Exclusive Breastfeeding				Total		P value
	No		Yes		N	%	
	N	%	n	%			
No agree	3	94.9	2	5.1	3	10	0.00
	7				9	0	
Agree	2	50.0	2	50.	4	10	
	2		2	0	4	0	
Total	5	71,0	2	28,9	8	8	
	9	8	4	2	3		

breastfeeding to pregnant women and lactating mothers.

CONCLUSION

Results of the research there is a relationship between knowledge, occupation and cultural aspects mother with exclusive breastfeeding in infants aged 0-6 months working in health centers wilyah Kuok.

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