



THE EFFECTIVENESS OF THE ASSISTANCE PROGRAM FOR BREASTFEEDING MOTHERS BY *POSYANDU* CADRES ON THE DURATION OF EXCLUSIVE BREASTFEEDING IN THE SUBURBAN AREA OF PEKANBARU CITY

¹Widia Lestari, ²Widyawati

¹School of Nursing, Riau University

²School of medicine, public health and nursing, University of Gadjah Mada

widia.lestari@lecturer.unri.ac.id

Abstract

Objective: Knowing the effectiveness of the breastfeeding assistance program by *Posyandu* cadres on the duration of exclusive breastfeeding. **Method:** This study used a quasi-experimental non-equivalent with control group design. The research subjects were postpartum mothers who were breastfeeding. The sampling technique is purposive sampling with inclusion criteria. The sample in the experimental group, consisted of 32 respondents, while the control group, consisted of 30 respondents. Assistance was carried throughout home visits for two months and continued with monthly visit to *Posyandu* until the baby turned 6 months old. The experimental group was given breastfeeding assistance by *Posyandu* cadres. The study was passed an ethical committee (Ref: KE/FK/1272/EC/2017). **Result:** The highest duration of exclusive breastfeeding in the experimental group at 24 weeks by 71.88%, while in the control group the duration of 24 weeks of breastfeeding was 6.67%. The Independent t-test results showed that there was a significant difference between the duration of breastfeeding in the experimental group and the control group with p-value > 0.05. **Conclusion:** The breastfeeding assistance program by *Posyandu* cadres is effective in increasing the duration of exclusive breastfeeding.

Keywords: Breastfeeding, assistance program, *Posyandu* cadres

Introduction

WHO in 2001 has recommended exclusive breastfeeding until the baby is 6 months old. However, the coverage of exclusive breastfeeding is still low ¹.

Despite the benefits of exclusive breastfeeding, it is not optimal. In Indonesia, exclusive breastfeeding has reached 54.3%². This is not in accordance with the government's target which is 80%.

Several attempts have been made by the Indonesian government to increase the achievement of exclusive breastfeeding. Among them are: the existence of the Baby Friendly Hospital program, implementing exclusive breastfeeding counseling for pregnant and postpartum mothers, and providing lactation counselors in hospitals. Exclusive breastfeeding education activities at

postnatal time that have been carried out by several hospitals that care for babies, are not followed up and evaluated by health workers when the mother is in the community (at home). Home visits that should be carried out by public health center officers are also very difficult to do. Lack of human resources and time means that home visit activities cannot be carried out. The absence of efficient referral and support of skilled personnel for breastfeeding mothers when at home, causes mothers who experience breastfeeding problems to stop breastfeeding^{3,4}.

To overcome the problem of home visits, the solution that can be done is to empower the local community. Therefore, *Posyandu* cadres as community members selected from and by the community willing and able to cooperate in various community activities voluntarily; can be empowered to assist breastfeeding mothers⁵. Research conducted to know that the



2. assistance provided by *Posyandu* cadres to breastfeeding mothers affects the duration of exclusive breastfeeding.

Method

This study used a quasi experiment design with a non-equivalent control group approach. This design uses two groups, namely the treatment group and the control group. Both groups were selected without a random assignment procedure.

This research was conducted on communities in the suburban of Pekanbaru city, which borders Siak Regency, which is in the coastal area of Siak River, namely the Rumbai Pesisir District area.

The research subjects were postpartum mothers in the work area of Rumbai Public health center (intervention group) and postpartum mothers in the work area of Karya Wanita Public health center (control group). Samples were taken by purposive sampling with inclusion criteria: postpartum mothers < 1 week, gave birth normally, babies were in good health. The sample consisted of 62 postpartum mothers (32 intervention groups and 30 control groups).

The intervention group was provided with breastfeeding assistance by *posyandu* cadres, while the control group was not provided with assistance.

The intervention group was provided with assistance through home visits for 8 weeks by *Posyandu* cadres. Home visits was conducted twice a week. Then, assistance was continued monthly by visiting *Posyandu* by mothers until the baby turned 6 months old.

The data analysis implemented to assess the effectiveness of breastfeeding assistance by *Posyandu* cadres in postpartum mothers on the duration of exclusive breastfeeding was The Independent t-test.

Results

1. Respondent characteristics

The characteristics of breastfeeding mothers who received breastfeeding assistance from *Posyandu* cadres can be seen in the table below.

Table 1.
Characteristics of breastfeeding mothers in the intervention and control groups.

Variable	Intervention		control	
	n	%	n	%
Age (years)				
17-25	24	75	20	66.67
26-35	8	25	10	33.33
Total	32	100	30	100
Chaildbirth history				
Primipara	16	50	14	46.7
Multipara	16	50	16	53.3
Total	32	100	30	100
Education				
Senior High School	28	87.5	27	90
College	4	12.5	3	10
Total	32	100	30	100
Employment status				
Housewife	25	78.1	24	80
Worker	7	21.9	6	20
Total	32	100	30	100
Exclusive breastfeeding experience				
Exclusive	0	0	1	3.3
Not exclusive	16	50	15	50
Have no experience	16	50	14	46.7
Total	32	100	30	100

Based on Table 1, it can be explained that most of the respondents of breastfeeding mothers (treatment and control groups) were in the age group of 17-25 years. The obstetric status of the respondents was almost equal between primiparous and multiparous. Education for breastfeeding mothers was mostly secondary education. The majority of respondents' occupation status was not working (housewife). While the history of exclusive



breastfeeding of the respondents is was that 50% of them are were not exclusively breastfed, almost half of them had no experience of breastfeeding and only one respondent had ever given exclusive breastfeeding, namely the control group.

Differences in duration of exclusive breastfeeding in mothers in the intervention group with mothers in the control group.

Table 2.
Differences duration of exclusive breastfeeding in the two groups:

Variable	Intervention		Control	
	f	%	f	%
Duration of eksklusive breastfeeding:				
1 week	0	0	1	3.33
2 – 4 weeks	0	0	7	23.33
8 – 12 weeks	2	6.25	18	33.33
16 – 20 weeks	7	21.88	9	30
24 weeks	23	71.88	2	6.67
Total	32	100	30	100

Based on Table 2, it can be seen that the differences duration of exclusive breastfeeding in the posyandu cadres in the intervention group was mostly 24 weeks (71.88%), while for the control group the most duration of exclusive breastfeeding was at 8 to 12 weeks (33.33%).

3. Comparison of duration of exclusive breastfeeding in intervention group dan control group.

The results of statistical tests in both groups using the Independent t-test can be seen in the following table:

Table 3.
Comparison of duration of exclusive breastfeeding in the two groups

Variable	Mean	P Value	Mean difference (IK 95%)
Duration of exclusive breastfeeding			
Intervention group	21.88	0.001	10.28
Control group	11.6		

Based on Table 3, it can be seen that a significant comparison between the duration of exclusive breastfeeding in the intervention group and the control group, where the p value is 0.001 (p value < α).

Discussion

Assistance given to breastfeeding mothers caused most mothers to successfully breastfeed exclusively for up to 6 months. Meanwhile, mothers who did not receive assistance, most of them fail to maintain exclusive breastfeeding for up to 6 months.

Several studies have concluded that several factors can influence exclusive breastfeeding. One of the factors that can affect the duration of breastfeeding is the mother's breastfeeding experience. A research explained that a longer breastfeeding experience has a further positive effect duration of breastfeeding⁶.

Other studies mention that young age; Lack of breast milk; not knowing breastfeeding technique causes the mother to stop breastfeeding early in postpartum; Parity also affects exclusively breastfeeding mothers, i.e. multiparous are more likely to breastfeed exclusively⁷.

In Indonesia, culture has an effect on exclusive breastfeeding. Breastfeeding decisions are heavily influenced by older family members, especially grandmothers⁸.

Assistance by posyandu cadres through home visits can increase the duration of exclusive breastfeeding. Research proved that the



duration of exclusive breastfeeding for mothers who had home visits was higher than mothers who had no home visits⁹. A research explained that breastfeeding education offered at home on day 3 postpartum was effective in increasing the breastfeeding duration and breastfeeding knowledge¹⁰. Postnatal support can also effectively increase the rates of exclusive breastfeeding from delivery to postpartum 4 months and change the breastfeeding behavior¹¹.

Conclusion

Assistance provided by *Posyandu* cadres through home visits for 8 weeks and continued when the mother brings the baby to visit the *posyandu* every month, effectively increases the duration of exclusive breastfeeding.

Posyandu cadres can be used as an exclusive breastfeeding support system in the community, as a solution to the problem of shortages of human resources and time at community health centers to make home visits.

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