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Factors Related to The Implementation of Early Breastfeeding Initiation (Imd) By Midwives In Bireuen District

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ABSTRACT

In 2022, the percentage of newborns receiving IMD nationally was 86.5 %. The province with the highest percentage of newborns receiving IMD was DKI Jakarta Province (99.2%), while the province with the lowest percentage was Bali Province (63.0%). The national IMD target for 2022 was 62%, so all provinces have achieved the target. However, several provinces still have low IMD coverage compared to other provinces in Indonesia, namely Bali (63.0%), North Sumatra (67.7%), North Sulawesi (72.4%), Maluku (75.7%) and Aceh (78.5%). The research method was cross-sectional. The sampling technique was a total sampling of 71 midwives. The results of the study showed that of the 6 variables studied, there were education (0.003), knowledge (0.001), trust (0.023) and variables that had a p value > 0.05, namely training (0.152), attitude (0.329) length of service (0.302) and family support (0.799) meaning that education, knowledge, and trust are related to the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024. The conclusion is that there is a relationship between education, knowledge, and trust related to the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

Keywords: Education, Knowledge, Attitude, Training, Trust, Family Support, Early Initiation of Breastfeeding

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1. Introduction

Every mother produces milk that we call ASI (Breast Milk) as a good and natural food provided for babies. Providing ASI and the correct breastfeeding process are reliable means to build quality Human Resources (HR). As we know, ASI is the only most perfect

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food to ensure the growth and development of babies in the first six months. In addition, in the correct breastfeeding process, babies will get good physical, emotional, and spiritual development in their lives (Saleha, 2009).

According to UNICEF (United Nations of Children's Fund), breastfeeding is a “safety net” against the worst effects of poverty. Breastfeeding seems to free babies from poverty in the first few months of life to give babies a better start in life and offset the injustice of the world in which babies are born (Edwards & Byrom, 2009).

Breast milk (ASI) is the only proper nutrition for babies because it contains all the nutrients needed for the growth and development of babies. Breastfeeding begins immediately after the baby is born and is given exclusively for six months, and continued for two years or more. Exclusive breastfeeding is also one way to prevent stunting in the First 1,000 Days of Life (HPK) (Aceh Health Office, 2023).

Normal babies are breastfed immediately after birth. The duration of breastfeeding is only one to two minutes on each breast. By sucking, there will be stimulation of breast milk formation which can indirectly stimulate and accelerate uterine shrinkage. Although breast milk in the form of colostrum can only be sucked a few drops, this is enough for the baby's needs in the first day. Some mothers object to breastfeeding their babies on the grounds that breast milk has not come out. In this case, the mother must be given the best possible explanation about the purpose and objectives of providing breast milk as early as possible. On the third day, the baby must breastfeed for 10 minutes on the mother's breast with a time interval of every three hours (Sumarah, 2009).

Uninterrupted contact between mother and baby during the first hour after birth is intended to improve this attachment process. Mothers whose babies have skin-to-skin contact will try to breastfeed their babies in the first hour, spend more time with their babies, and increase the length of time talking to their babies during breastfeeding. The time from birth to effective breastfeeding is approximately one hour, this aims to show that at least one hour of uninterrupted contact is an important time in improving the relationship between mother and child (Saleha, 2009).





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According to (Saleha, 2009), Early Initiation or early breastfeeding is when a baby starts breastfeeding on their own immediately after birth. The way a baby initiates early breastfeeding is called the breast crawl or crawling to find the breast. The Early Initiation process is carried out immediately after the baby is born.

If between these times the baby cries because he is hungry, the mother can breastfeed on one breast and the other breast alternately. In this way, on demand needs can be met, this can be done if the baby is cared for together with the mother. Babies who initially drink on demand can have their needs met in the following weeks by drinking every 3-4 hours (Sumarah, 2009).

The Indonesian government supports the WHO and UNICEF policies that recommend Early Breastfeeding Initiation as a life-saving measure, so that it is hoped that all health workers at all levels of health services, both private and public, can socialize and support the success of the program, so that it is hoped that quality Indonesian Human Resources (HR) will be achieved (Ani in Faizah, 2012). In addition, IMD actions play a role in achieving the Millennium Development Goals (MDGs), namely helping to reduce poverty, helping to reduce hunger and helping to reduce infant mortality (Marpuah et al., 2023).

The nutritional content of breast milk, especially colostrum, is most perfect for the growth of babies and the development of their intelligence. Optimal brain cell growth, especially the content of special proteins, namely taurine, in addition to containing lactose and long-bonded fatty acids, more cow's milk or canned milk, easy to digest, more perfect absorption, contains various enzymes for food absorption, the composition always adjusts to the needs of babies, contains anti-diarrhea substances, breast milk protein is species-specific so it rarely causes allergies for humans, helps tooth growth, contains antibodies to prevent infection, stimulates the growth of the immune system, strengthens the emotional bond between mother and baby. This will be the basis for the little one to trust others, then themselves, and finally has the potential to love others, babies grow optimally and healthily, not overweight or too thin (Rukiyah et al., 2011).





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Understanding Early Breastfeeding Initiation (IMD) and exclusive breastfeeding is a very important issue. In realizing the implementation of IMD and exclusive breastfeeding if individuals, families, health workers and the community already understand the meaning, benefits, and objectives of IMD and exclusive breastfeeding (Saleha, 2009).

Babies who are given the opportunity for Early Initiation of Breastfeeding will get colostrum faster than those who are not given the opportunity for Early Initiation of Breastfeeding. Colostrum is rich in nutrients such as carbohydrates, proteins, antibodies, and contains very high levels of carotene and vitamin A. In addition to containing various nutrients, colostrum also helps clean the baby's digestive tract to prepare the baby's digestive tract to immediately receive breast milk (Widuri, 2020).

The implementation of IMD that is not optimal or not implemented often occurs in mothers who give birth by caesarean section because the mother is given anesthesia which makes the mother sleepy so that she is less responsive to the baby, the staff in the operating room are too busy with work so that there is no time to do IMD. In fact, delaying the start of breastfeeding for more than an hour causes difficulty in breastfeeding. Many hospitals and midwives immediately provide formula milk as soon as the baby is born before breast milk comes out (Edwards & Byrom, 2009).

The implementation of Early Breastfeeding Initiation is influenced by several factors, namely, knowledge, support from health workers, family support, and accessibility of facilities. Based on the factors above, knowledge is also influenced by sources of information regarding the importance of implementing IMD. Behavior based on good sources of information and knowledge will make it easier for someone to change behavior, including postpartum mothers to carry out Early Breastfeeding Initiation (IMD) and with family support can be a determinant in the success of Early Breastfeeding Initiation (IMD) (Nursika & Putri, 2023).

Several previous studies have discussed the scope and factors influencing the implementation of Early Breastfeeding Initiation (IMD). Research conducted by (Budiono & Viviani, 2022) on the Relationship between Mother's Knowledge and Family





Support with the Implementation of Early Breastfeeding Initiation (IMD) in Postpartum Mothers During the Covid-19 Pandemic at the Candirotto Health Center. The results of the study stated that there was a relationship between knowledge and family support for the implementation of IMD in postpartum mothers at the Candirotto Health Center.

2. Research Methods

The research design used is a cross-sectional research design. The cross-sectional research design was chosen because it is a quantitative study used by researchers to find out more clearly about the factors that influence it simultaneously in a population sample. The research used is analytical research, namely research that tries to explore the relationship between dependent variables and independent variables.

The population in this study were all midwives who had Independent Midwife Practice (PMB) in Bireuen Regency totaling 72 people. And the sampling technique used in this study was total sampling, namely all midwives who had Independent Midwife Practice (PMB) were sampled in Bireuen Regency totaling 71 people.

3. Results and Discussion

a. Results

1. Respondent Characteristics

The characteristics of the samples taken in this study include maternal age, education, occupation, income, marital status and family history of cancer.

Table 1
 Characteristics of Midwives in Bireuen Regency in 2024

| No. | Respondent Characteristics | n | Percentage |
|-----|----------------------------|-----------|--------------|
| 1 | Education | | |
| | a. D4/S1 | 20 | 28.2 |
| | b. Midwife Profession | 51 | 71.8 |
| | Total | 71 | 100.0 |
| 2 | Length of work | | |
| | a. 10-19 years | 9 | 12.7 |
| | b. \geq 20 years | 62 | 87.3 |
| | Total | 71 | 100.0 |
| 3 | Dairy Product Cooperation | | |





| | | | |
|---|--------------------------------------|-----------|--------------|
| | a. There is | 41 | 57.7 |
| | b. There isn't any | 30 | 42.3 |
| | Total | 71 | 100.0 |
| 6 | Ever Had APN Training | | |
| | a. < 5 years ago | 18 | 25.4 |
| | b. ≥ 5 years ago | 53 | 74.6 |
| | Total | 71 | 100.0 |
| 7 | Breastfeeding and Lactation Training | | |
| | a. Once | 18 | 25.4 |
| | b. Never | 53 | 74.6 |
| | Total | 71 | 100.0 |

Based on table 1, it is known that the majority of respondents' education is midwife profession, namely 51 people (71.8%) and the minority has D4/SI education as many as 20 people (28.2%), the majority has worked for ≥ 20 years, namely 62 people (87.3%), the majority has cooperation in dairy products, namely 41 people (57.7%), the majority has attended APN training ≥ 5 years ago, namely 53 people (74.6%), and the majority has never had breastfeeding and lactation training, namely 53 people (74.6%).

2. Univariate Analysis

a. Knowledge

Table 2
 Respondents' knowledge about Early Breastfeeding
 Initiation in Bireuen Regency in 2024

| No. | Category | n | Percentage |
|-----|--------------|-----------|--------------|
| 1 | Good | 44 | 62 |
| 2 | Not enough | 27 | 38 |
| | Total | 71 | 100.0 |

Based on table 2, it is known that the majority of respondents in this study had good knowledge, namely 44 people (62%) and the minority had less knowledge, namely 27 people (38%).





b. Attitude

Table 3

Respondents' attitudes towards Early Breastfeeding Initiation in Bireuen Regency in 2024.

| No. | Category | n | Percentage |
|-----|--------------|-----------|--------------|
| 1 | Positive | 41 | 57.7 |
| 2 | Negative | 30 | 42.3 |
| | Total | 71 | 100.0 |

Based on table 3, it is known that the majority of respondents in this study had a positive attitude, namely 41 people (57.7 %) and a negative minority of 30 people (42.3%).

c. Early Initiation of Breastfeeding

Table 4

Implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024

| No. | Category | n | Percentage |
|-----|-----------------|-----------|--------------|
| 1 | Always do | 32 | 45.1 |
| 2 | Sometimes Doing | 39 | 54.9 |
| | Total | 71 | 100.0 |

Based on table 4, it is known that the majority of the implementation of Early Breastfeeding Initiation (IMD) by midwives is in the category of sometimes doing it, namely 39 people (54.9%) and always doing Early Breastfeeding Initiation (IMD). The implementation of IMD in this study is said to be appropriate if skin contact between mother and baby is carried out for at least 1 hour. In this study, midwives who performed IMD in the always category were midwives who performed IMD for every birth assisted at their practice and the duration of skin-to-skin contact between mother and baby was at least 1 hour. Meanwhile, midwives who are in the sometimes category are midwives who sometimes and sometimes do not carry out IMD or who carry out IMD but the duration of implementation is not up to at least 1 hour.

3. Bivariate Analysis





- a. Relationship between Knowledge and Implementation of Early Breastfeeding Initiation

Table 5

The Relationship between Knowledge and the Implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024

| No | Knowledge | Early Initiation of Breastfeeding | | | | Amount | | <i>p-value</i> |
|-------|------------|-----------------------------------|------|--------|------|--------|-----|----------------|
| | | Sometimes | | Always | | | | |
| | | f | % | f | % | f | % | |
| 1 | Not enough | 22 | 31 | 5 | 7 | 27 | 38 | 0.000 |
| 2 | Good | 17 | 23.9 | 27 | 38 | 44 | 62 | |
| Total | | 39 | 54.9 | 32 | 45.1 | 71 | 100 | |

Based on table 5, it shows that the majority of respondents have good knowledge, namely 44 people (62%). Of the 44 respondents with good knowledge, 17 people (23.9%) sometimes do IMD and 27 people (38%) always do Early Breastfeeding Initiation. Of the 27 people who have less knowledge, 5 people (7%) always do Early Breastfeeding Initiation and 22 people (31%) who sometimes do IMD. The results of the bivariate test using *Chi-Square The test* obtained a *p - value* of $0.000 < 0.05$, meaning that there is a significant relationship between knowledge and the implementation of Early Breastfeeding Initiation (IMD) by midwives in Bireuen Regency in 2024.

- b. Relationship between Attitude and Implementation of Early Breastfeeding Initiation

Table 6

The Relationship between Attitudes and the Implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024

| No | Attitude | Early Initiation of Breastfeeding | | | | Amount | | <i>p-value</i> |
|-------|----------|-----------------------------------|------|--------|------|--------|------|----------------|
| | | Sometimes | | Always | | | | |
| | | f | % | f | % | f | % | |
| 1 | Negative | 19 | 26.8 | 11 | 15.5 | 30 | 42.3 | 0.223 |
| 2 | Positive | 20 | 28.2 | 21 | 29.6 | 41 | 57.7 | |
| Total | | 39 | 54.9 | 32 | 45.1 | 71 | 100 | |





Based on table 6, it shows that the majority of respondents' attitudes are positive, namely 41 people (57.7%), of the 41 respondents, 20 people (28.2%) sometimes do IMD, 21 people (29.6%) always do Early Breastfeeding Initiation. And respondents who have negative attitudes are 30 people (42.3%), Early Breastfeeding Initiation sometimes is 19 people (26.8%), Early Breastfeeding Initiation is always is 11 people (15.5%). The results of the bivariate test using *Chi-Square* obtained a *p* - value of $0.223 > 0.05$, meaning that there is no relationship between attitudes and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

- c. The Relationship between Education and the Implementation of Early Breastfeeding Initiation

Table 7

The Relationship between Education and the Implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024

| No | Education | Early Initiation of Breastfeeding | | | | Amount | | <i>p</i> -value |
|-------|--------------------|-----------------------------------|------|--------|------|--------|------|-----------------|
| | | Sometimes | | Always | | f | % | |
| | | f | % | f | % | | | |
| 1 | D4/S1 | 17 | 23.9 | 3 | 4.2 | 20 | 28.2 | 0.001 |
| 2 | Midwife Profession | 22 | 31 | 29 | 40.8 | 51 | 71.8 | |
| Total | | 39 | 54.9 | 32 | 45.1 | 71 | 100 | |

Based on table 7, it shows that the majority of midwives' professional education is 51 people (71.8%), of the 51 respondents who sometimes carry out Early Breastfeeding Initiation, there are 22 people (31%) and those who always carry out Breastfeeding Initiation are 29 people (40.8%). Respondents who have D4/S1 education are 20 people (28.25), of the 20 respondents who sometimes do Early Breastfeeding Initiation are 17 people (23.9%) and always do Early Breastfeeding Initiation are 3 people (4.2%). The results of the bivariate test using *Chi-Square* obtained a *p* - value of $0.001 < 0.05$, meaning that there is a significant relationship





between education and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

- d. The Relationship between APN Training and the Implementation of Early Breastfeeding Initiation

Table 8

The Relationship between Training and the Implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

| No | APN Training | Early Initiation of Breastfeeding | | | | Amount | | <i>p-value</i> |
|-------|--------------|-----------------------------------|------|--------|------|--------|------|----------------|
| | | Sometimes | | Always | | f | % | |
| | | f | % | f | % | | | |
| 1 | ≥ 5 years | 13 | 18.3 | 5 | 7 | 18 | 25.4 | 0.088 |
| 2 | < 5 years | 26 | 36.6 | 27 | 38 | 53 | 74.6 | |
| Total | | 39 | 54.9 | 32 | 45.1 | 71 | 100 | |

Based on table 8, it shows that the respondents who participated in APN training were mostly <5 years, namely 53 people (74.6%), out of 26 respondents, those who sometimes did Early Breastfeeding Initiation were 26 people (36.6%) and those who always did Early Breastfeeding Initiation were 27 people (38%). APN training ≥ 5 years, namely 18 people (25.4%), out of 18 respondents who did Early Breastfeeding Initiation sometimes as many as 13 people (18.3%) and those who do Early Breastfeeding Initiation are always as many as 5 people (7%). The results of the bivariate test using *Chi-Square* obtained a *p-value* of $0.088 > 0.05$, meaning that there is a significant relationship between APN training and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

- e. The Relationship between Lactation and Breastfeeding Training and the Implementation of Early Breastfeeding Initiation

Table 9

The Relationship between Lactation and Breastfeeding Training and the Implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024

| No | Lactation and Breastfeeding Training | Early Initiation of Breastfeeding | | Amount | <i>p-value</i> |
|----|--------------------------------------|-----------------------------------|--------|--------|----------------|
| | | Sometimes | Always | | |
| | | | | | |





| | | f | % | f | % | f | % | |
|-------|-------|----|------|----|------|----|------|-------|
| 1 | Never | 2 | 2.8 | 1 | 1.4 | 3 | 4.2 | 1,000 |
| 2 | Once | 37 | 52.1 | 31 | 43.7 | 68 | 95.8 | |
| Total | | 39 | 54.9 | 32 | 45.1 | 71 | 100 | |

Based on table 9, it shows that the majority of respondents have participated in lactation and breastfeeding training, namely 68 people (95.8%), of the 68 respondents who did, those who did Early Breastfeeding Initiation sometimes were 37 people (52.1%) and those who did Early Breastfeeding Initiation always were 31 people (43.7%). And respondents who had never participated in lactation and breastfeeding training were 3 people (4.2%), of the 3 respondents who did Early Breastfeeding Initiation sometimes were 2 people (2.8%) and those who did Early Breastfeeding Initiation always were 1 person (1.4%). The results of the bivariate test using *Chi-Square* obtained a *p* - value of $1,000 > 0.05$, meaning that there was no significant relationship between lactation and breastfeeding training and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

4. Multivariate Analysis

Table 10
Logistic Regression Test Results

| Variables | B | Sig. | 95% CI | |
|-----------|-------|-------|--------|-------|
| | | | Under | Upper |
| Education | 0.450 | 0,000 | 0.232 | 0.668 |
| Knowledge | 0.433 | 0,000 | 0.224 | 0.643 |

Based on table 10, it shows that of the 2 variables tested by logistic regression, the results show that the two variables have a *p* value < 0.05 , namely (Education 0.000 and knowledge 0.000) and have a 95% CI value below and above below 1. This means that the education and knowledge variables are equally the most dominant and significantly related to the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

b. Discussion





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1. Knowledge

The results of the study showed that the majority of respondents had good knowledge, namely 44 people (62%). Of the 44 respondents with good knowledge, Early Breastfeeding Initiation sometimes was 17 people (23.9%) and Early Breastfeeding Initiation was always 27 people (38%). The results of the bivariate test using Chi-Square obtained a p-value of $0.000 < 0.05$, meaning that there is a significant relationship between knowledge and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

The results of this study are in line with research by Handayani, E (2020) which found a significant relationship between the midwife's knowledge variable and the implementation of Early Breastfeeding Initiation (p value 0.012). The results of the univariate analysis shown in the figure above show that most respondents have good knowledge, namely 67.7 % and a small portion have poor knowledge, namely 12.9%.

Knowledge is the result of knowing and this occurs after a person senses a particular object. Sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Most of human knowledge is acquired through the eyes and ears. Knowledge or cognitive is a very important domain for forming a person's actions (Nurmala et al., 2018).

Knowledge is an essential part of human existence. Knowledge is the fruit of human thinking activities. Thinking is a differentiation that separates humans from all other genera such as animals (Nasution, 2016). Someone who has good knowledge about something tends to accept it well and will do and apply it in his life (Hulu et al., 2020).

This is in accordance with the theory by (Notoatmodjo, 2012) which states that knowledge or cognitive is a very important domain for the formation of a person's actions (overt behavior). Knowledge about an object contains two aspects, namely positive and negative aspects. These two aspects will determine a person's attitude, the more positive aspects and objects are known, the more





positive attitudes will arise towards certain objects. So from experience it turns out that behavior based on knowledge will be more lasting than behavior that is not based on knowledge.

In this study it is clear that the p value = 0.000 < 0.05 so that knowledge is very significant related to the implementation of Early Breastfeeding Initiation. Therefore, it is very important in terms of promoting Early Breastfeeding Initiation or wanting to increase immunization coverage by increasing the knowledge of midwives and also the community, because if their knowledge increases, midwives will carry out IMD and the community who already have good knowledge will be willing to carry out IMD on their babies. Increasing knowledge can be done by disseminating information. Information plays an important role in aspects of human life because information is a source of knowledge. Midwives' knowledge about IMD is influenced by the amount of information received by midwives who receive information related to immunization will increase their knowledge, where this knowledge will later form a positive attitude and behavior towards IMD. Sources of information for midwives can be obtained from various sources, such as reading sources, journals, even training and the most important is education.

In this study, it was found that the majority of midwives in Bireuen Regency who have PMB have completed professional midwife education so that they have received further education and have gained more knowledge in college, this increase in knowledge is generally in 2022 and 2023, some have even just graduated so they are still fresh to the latest knowledge.

2. Attitude

The results of the study showed that the majority of respondents' attitudes were positive, namely 41 people (57.7%), of the 41 respondents, Early Breastfeeding Initiation sometimes was 20 people (28.2%), Early Breastfeeding Initiation always was 21 people (29.6%) and respondents who had negative attitudes were 30 people (42.3%), Early Breastfeeding Initiation sometimes was





19 people (26.8%), Early Breastfeeding Initiation always was 11 people (15.5%). The results of the bivariate test using Chi-Square obtained a p-value of $0.223 > 0.05$, meaning that there was no relationship between attitudes and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

The results of this study are not in line with the study by Handayani, E (2020) which found that there was a significant relationship between the midwife's attitude variable and the implementation of Early Breastfeeding Initiation (p value 0.027), but in line with the study by Niswah (2011) which obtained a P value of $0.079 > 0.05$ so there is no relationship between the midwife's attitude regarding IMD and the practice of IMD.

The midwife's attitude towards the implementation of IMD was assessed through the midwife's opinion or view on statements related to the implementation of IMD and its benefits. This is supported by Notoadmodjo's theory in 2010 where attitude is a readiness to react to objects in a particular environment as an appreciation of the object. Attitude is not yet an action or activity, but is a predisposition to the action of a behavior.

Attitudes should and according to theory have a relationship with a person's behavior in this case IMD, however based on research results it was found that although the majority of midwives have a positive attitude towards IMD, they generally only sometimes carry out IMD. This can happen because of the lack of public trust in IMD, which means that midwives have problems when carrying it out. In this study, the majority of respondents' beliefs were in the non-supportive category, making it difficult for midwives to implement IMD.

3. Education

The results of the study showed that the majority of midwife professional education was 51 people (71.8%), of the 51 respondents who sometimes carried out Early Breastfeeding Initiation were 22 people (31%) and those who always carried out Breastfeeding Initiation were 29 people (40.8%). Respondents who had D4/S1 education were 20 people (28.25), of the 20 respondents who





sometimes carried out Early Breastfeeding Initiation were 17 people (23.9%) and always carried out Early Breastfeeding Initiation were 3 people (4.2%). The results of the bivariate test using Chi-Square obtained a p-value of $0.001 < 0.05$, meaning that there is a significant relationship between education and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

The results of this study are not in line with the research of Arfianty and Nurhikmah (2020) where the results of the Chi Square analysis obtained a value of $\rho = 0.009 < 0.05$ so that there is a relationship between education and the implementation of IMD.

Basically, the higher the education a person has, the more it will influence their way of thinking when receiving information and processing any information obtained from the surrounding environment or from information media.

Education is an internal factor of an individual that allows a person to acquire various knowledge and skills (Kasjono, 2016). According to WHO and Keleher & MacDougall in (Kasjono, 2016) stated that education is one of the key determinants of health, other determinants are income and social status, early childhood development, social exclusion and gender. Therefore, the higher a person's education is expected to be better in terms of thinking and acting.

Education is a teaching and learning process undertaken by every person since occupying formal education and aims to improve the intellectual abilities of each person. Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have spiritual religious strength, self-control, personality, intelligence, noble morals, and skills needed by themselves and society (Nursalam, 2015).

4. Training

The results of the study showed that the majority of respondents had attended lactation and breastfeeding training, namely 68 people (95.8%), of the 68 respondents who did, those who did Early Breastfeeding Initiation sometimes were 37 people (52.1%) and those who did Early Breastfeeding Initiation always





were 31 people (43.7%). And respondents had never attended lactation and breastfeeding training, namely 3 people (4.2%), of the 3 respondents who did Early Breastfeeding Initiation sometimes were 2 people (2.8%) and those who did Early Breastfeeding Initiation always were 1 person (1.4%). The results of the bivariate test using Chi-Square obtained a p-value of $1,000 > 0.05$, meaning that there was no significant relationship between lactation and breastfeeding training and the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

The results of this study are not in line with the research of Arfianty and Nurhikmah (2020) which obtained a value of $\rho = 0.017 < 0.05$ so that there is a relationship between training and the implementation of IMD. In theory, training is very closely related to a person's behavior, where training provides knowledge and experience to a person to behave according to the aspects trained. However, in the study that has been obtained, training does not have an effect, meaning that even though the majority of all midwives have participated in training, the implementation of IMD is still in the category of sometimes being carried out, this can happen because it is influenced by other factors such as acceptance by patients and families and also trust because in this study it was found that trust did not support.

The results of the study showed that of the 3 variables tested by logistic regression, two variables had a p value < 0.000 , namely (Education 0.011 and knowledge 0.000) and had a 95% CI value below and above below 1, meaning that the education and knowledge variables were the most dominant and significantly related to the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

A person's behavior consists of 3 domains, namely knowledge, attitude and action. A person to be able to achieve a good level of knowledge must first obtain information related to the thing he wants to know and by having good knowledge he will respond well and then will do according to what he knows.





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These three domains of behavior are closely related and begin with exposure to information. Therefore, to improve community behavior, the most important thing to do is to provide the community with information. There are many ways to provide information to the public, one of which is through health promotion.

According to the researcher's assumption, with good knowledge about IMD can develop a person's ability to make decisions. The better the knowledge about Early Breastfeeding Initiation in infants, the better the mother's perspective on the importance of IMD. Knowledge can increase if midwives continue to fill their time by seeking information from digital media, print media, communities and the surrounding environment. Then the most important thing in increasing knowledge is education because education is significantly closely related to knowledge. In this study, the majority of midwives had education at the midwife profession level so that learning experiences and new knowledge during their education could improve their knowledge.

Education and knowledge together are the most dominant variables influencing the implementation of IMD by Midwives in Bireuen Regency in 2024. This means that if you want to improve the implementation of IMD, the knowledge and education of midwives must be improved, then this is supported by government regulations that starting in 2026 all midwives who practice independently must have a minimum education of a midwife profession.

The implementation of IMD really needs to be improved considering that IMD is the beginning of achieving Exclusive Breastfeeding. The implementation of IMD can be improved by improving the skills of midwives in its implementation and also improving community knowledge regarding IMD, because even though midwives are very skilled in implementing it without the support of patients and families and their approval, this will not work. Good knowledge from the community about IMD can change their perceptions and attitudes as well as beliefs about IMD, so that IMD can be well received and





patients are serious about implementing it because they already understand the benefits that will be obtained from the successful implementation of this IMD.

The research results obtained can be used as a basis for midwives so that before implementing IMD, they must first provide health education to the community of prospective patients. This health education should be done early when the mother is pregnant, it can be done during antenatal care or pregnancy classes. The success of this health education must of course be supported by good knowledge and skills of midwives so that they can carry out optimal health education to the community, especially prospective mothers in labor at their practice.

4. Conclusion

Based on the results of the research that has been conducted, it can be concluded that :

1. There is a relationship between midwife knowledge and the implementation of Early Breastfeeding Initiation in Bireuen Regency.
2. There is no relationship between midwives' attitudes and the implementation of Early Breastfeeding Initiation in Bireuen Regency.
3. There is a relationship between midwife education and the implementation of Early Breastfeeding Initiation in Bireuen Regency.
4. There is no relationship between training and the implementation of Early Breastfeeding Initiation in Bireuen Regency.
5. There is a relationship between maternal trust and the implementation of Early Breastfeeding Initiation in Bireuen Regency.
6. There is no relationship between maternal family support and the implementation of Early Breastfeeding Initiation in Bireuen Regency.
7. Knowledge and education are the most dominant factors related to the implementation of Early Breastfeeding Initiation in Bireuen Regency in 2024.

5. Compliance with ethical standards

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It is recommended to the local government that the results of this research can be used as a reference for the government, especially Bireuen Regency, in improving the level of public health related to improving the health of babies so that they can start getting breast milk.

Disclosure of conflict of interest

Collaboration or research cooperation for the benefit of society is a positive thing for all researchers so that there are no conflicts, problems and so on which are not at all a problem for the writer internally.

Statement of informed consent

The actions we take as authors are mutually agreed upon. And we really hope that this research can be useful for society nationally and internationally.

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