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**International Journal of Health Sciences (IJHS)**Journal Homepage: <https://jurnal.agdosi.com/index.php/IJHS/index>

Volume 3 | Number 1 | March 2025 |

**Exclusive Breastfeeding On Mothers' Knowledge And Attitudes In The Takalar District Health Center Work Area**Sudirman<sup>1</sup>, Yunita Suriani Suardi<sup>2</sup>, Wati<sup>3</sup>, Utari<sup>4</sup>, Natasha Novianty<sup>5</sup>, Putu Lusita Nati Indriani<sup>6</sup>, Nurcahaya Nainggolan<sup>7</sup><sup>1</sup> Public Health Study Program, Baramuli Health College, Indonesia<sup>2</sup> Nursing Study Program, Gunung Sari Health College, Makassar, Indonesia<sup>3</sup> Midwifery Study Program, Mega Buana University, Palopo, Indonesia<sup>4</sup> Public Health Study Program, Nurul Hasanah University, Kutacane, Indonesia<sup>5</sup> Midwifery Study Programs, Gunung Sari Health College, Makassar, Indonesia<sup>6</sup> Midwifery Study Program, Kader Bangsa University, Indonesia<sup>7</sup> Public Health Postgraduate Study Program, Institut kesehatan Deli Husada Delitua, Indonesia**ABSTRACT**

The contents of breast milk include white blood cells, immune substances, digestive enzymes, hormones and proteins that are very suitable to meet the needs of babies up to 6 months old, breast milk contains carbohydrates, proteins, fats, multivitamins, water, carotene and minerals completely, which are very suitable and easily absorbed perfectly and do not interfere with the kidney function of babies who are growing. The purpose of the study was to determine the relationship between maternal knowledge and exclusive breastfeeding in the working area of the Takalar Regency Health Center. This research method is the Accidental Sampling technique. The instrument used in this study was a questionnaire sheet containing questions to obtain data. The statistical test used in this study is the Chi-square test using the Fisher's Exact Test alternative test which is a comparative test used on the data. The results of the study in table 1 show that the statistical test using the Chi-square test obtained a value of  $p = 0.005$  ( $p < 0.05$ ) which means  $H_1$  is accepted or there is a significant relationship between maternal knowledge and exclusive breastfeeding. The conclusion obtained shows that there is a significant relationship between maternal knowledge and exclusive breastfeeding in the working area of the Takalar Regency Health Center.

**Keywords :** Provision, Exclusive Breastfeeding, Knowledge and Attitude, Mother, Work Area, Community Health Center, Takalar District

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## 1. Introduction

Infancy is a period of rapid growth, especially in the first two years of life. This rapid growth requires support from good nutritional intake for babies. Optimal growth can be seen from the increase in weight, height and head circumference, while optimal development can be seen from the increase in motor, psychomotor and language abilities.

According to Ginanti, et al (2015), the process of growth and development of infants is influenced by the food given. Breast milk is a fat emulsion in a solution of protein, lactose, and organic salts secreted by both of the mother's mammary glands and is the best food for infants given from the age of 0 to 6 months (Bahiyatun, 2009). Providing breast milk alone during the first 6 months of life can meet the baby's needs. WHO, since 2013, has also recommended providing exclusive breastfeeding to babies for 6 months (Fikawati, et al., 2015).

Breast milk is the most perfect, practical, cheap and clean food for babies because it is drunk directly from the mother's breast. Breast milk contains all the nutrients and fluids needed by babies to meet their nutritional needs in their first needs. Types of breast milk are divided into three, namely colostrum, transitional breast milk and mature breast milk. Colostrum is the first milk that comes out, thick, yellow, contains high protein and little fat (Walyani, 2015).

Efforts to improve the behavior of breastfeeding mothers are still needed because in reality the practice of exclusive breastfeeding has not been fully implemented. Exclusive breastfeeding is influenced by several factors including predisposing factors (knowledge, age, occupation, education, parity and socio-culture), supporting factors (family income, availability of time and maternal health) and driving factors (family support and health workers (Notoatmodjo, 2003).

The contents of breast milk include white blood cells, immune substances, digestive enzymes, hormones and proteins which are very suitable to meet the needs of babies up to 6 months old. Breast milk contains carbohydrates, proteins, fats, multivitamins, water, carotene and minerals in full, which are very suitable and easily absorbed perfectly and do not interfere at all with the kidney function of babies who are growing.





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The composition of breast milk is influenced by the stage of lactation, race, and nutritional status of the mother (Seotjiningsih 2012). Exclusive breastfeeding is beneficial not only for the baby but also for the mother, including as a natural contraceptive when the mother is breastfeeding and before menstruation, maintaining the mother's health by reducing the risk of breast cancer and helping the mother to form an emotional bond with her child. Breastfeeding can reduce family expenses because they do not buy expensive formula milk (Walyani, 2015).

Breast formation begins when the embryo is 18-19 weeks old and is influenced by growth hormone. As women enter puberty (9 to 12 years old), breast cells are triggered to proliferate more rapidly (for example: alveolar maturation) by the hormones estrogen and progesterone. During pregnancy, high concentrations of estrogen cause extensive ductal development while high levels of progesterone stimulate the formation of lobules and alveoli. Increased concentrations of the hormone prolactin also play a role in inducing enzymes needed to produce milk and enlarge the mother's breasts. This prolactin hormone is a hormone secreted by the anterior pituitary.

(Oxytocin) release is a flow reflex that occurs due to stimulation of the nipple due to the baby's sucking. Along with the mechanism of prolactin formation in the anterior pituitary that has been explained previously, the stimulation from the baby's sucking on the nipple is continued to the posterior pituitary so that the hormone oxytocin is released. This causes the myoepithelial cells around the alveoli to contract and push the breast milk that has been made into the lactiferous duct and then into the baby's mouth.

The Role of Midwives in Supporting Breastfeeding

1. Psychological strengthening of breastfeeding mothers by convincing them that their babies will get nutritious and sufficient food only from their mother's breasts.
2. Helping mothers to be able to breastfeed their own babies by teaching them the correct breastfeeding techniques.
3. Let the baby be with the mother immediately after birth for the first few hours to build a bond or relationship.
4. Teach how to care for healthy breasts.
5. Avoid applying cream, oil, alcohol, or soap to the nipples.
6. Help the mother at the first time to breastfeed with the correct breastfeeding position.





In South Sulawesi Province in 2016 the coverage of exclusive breastfeeding for infants aged 0-5 months was 55.0%, and in 2017 the percentage of infants who received exclusive breastfeeding for 0-5 months was 49.35% and those who received breastfeeding up to 6 months was 42.13%. While the nutritional status in 2016 was 4.43% malnutrition, 16.48% undernutrition, 78.42% good nutrition, and 0.67% overnutrition. In 2017, the malnutrition status was 4.50%, undernutrition 15.20%, good nutrition 79.40%, and overnutrition 0.90% (Indonesian Health Profile).

One of the micro impacts of not giving exclusive breastfeeding to babies is obesity. This happens because generally babies who are not given exclusive breastfeeding receive additional intake such as formula milk. In addition, babies who are not given exclusive breastfeeding can result in decreased brain intelligence in babies. Meanwhile, the macro impact, namely the increased vulnerability of children and mothers to diseases due to breastfeeding, is one third of the incidence of Upper Respiratory Tract Infections (URTIs), infant diarrhea and severe enteropathy, and the risk of breast cancer for mothers (Roesli U., 2015).

Based on research conducted by Tyas Budiwan in 2013, it was found that there was a significant relationship between exclusive breastfeeding and non-exclusive breastfeeding with weight gain in infants aged 0-6 months. Another study conducted by Nilakesuma, et al. in 2015 showed that there was no significant relationship between exclusive breastfeeding and infant nutritional status, there was no significant relationship between maternal education level and infant nutritional status and there was no significant relationship between family economic status and infant nutritional status. Another study by Enderwati and Suwarni in 2018 found a relationship between exclusive breastfeeding and infant weight at 6 months of age.

## 2. Research Methods

This research method uses the Accidental Sampling technique. The instrument used in this study is a questionnaire sheet containing questions to obtain data on the relationship between knowledge and maternal attitudes towards exclusive breastfeeding. conducted at the Takalar Regency Health Center on March 13, 2024. A partial sample of the total objects studied and considered to represent the entire population, the research sample was 33





people determined by Data collected from the results of the survey responses were first collected, read, and processed then grouped according to variables, analyzed analytically, and displayed in a frequency distribution table, the next step explains the results of data processing.

The statistical test used in this study is the Chi-square test using the Fisher's Exact Test alternative test which is a comparative test used on the data in this study. The significance test between the observed and expected data is carried out using a significant difference ( $\alpha < 0.05$ ), which means that if  $p < \alpha$  is obtained, there is a significant relationship between the independent and dependent variables and if the  $p \text{ value} > \alpha$ , there is no significant relationship between the independent and dependent variables.

### 3. Results and Discussion

No	Knowledge	Exclusive Breastfeeding				Total	P value
		Good		Not good			
		n	%	n	%		
1	Good	9	27.27	11	33.34	20	
2	Not good	0	0	13	39.39	13	0.005
	Total	9	27.27	24	72.73	33	

Table 1 shows that out of 33 respondents, 20 mothers (60.61%) had good knowledge in providing exclusive breastfeeding and 13 (39.39%) had poor knowledge. Based on the results of the study in Table 1, it shows that the statistical test using the Chi-square test obtained a value of  $p = 0.005$  ( $p < 0.05$ ) which means that  $H_1$  is accepted or there is a significant relationship between maternal knowledge and the provision of exclusive breastfeeding in the working area of the Takalar Regency Health Center.

Knowledge is a very important area in shaping a person's behavior. Experience and behavior show that knowledge-based behavior is more sustainable than non-knowledge-based behavior. This is in line with Green's theory that three main factors influence behavior, and one of the predisposing factors is knowledge (Notoatmodjo, 2017).

Previous research by Tri Rahayuningsih (2015) showed that maternal knowledge about breastfeeding is relevant, but the prevalence varies, so researchers support the success of breastfeeding. The researcher assumes that one of the factors that determines a mother's success in providing exclusive breastfeeding is knowledge.





#### 4. Conclusion

Based on the research results, it shows that there is a significant relationship between maternal knowledge and the provision of exclusive breastfeeding in the working area of the Takalar Regency Health Center. The results of this study are expected to enable health professionals to use this study as a preventive reference for providing exclusive breastfeeding. At the antenatal stage, health workers need to provide guidance on the benefits and content of exclusive breastfeeding for babies and at the intra-natal stage, health workers can provide counseling on the benefits and nutrition so as to minimize the occurrence of maternal laziness in providing exclusive breastfeeding.

With the results of this study, it is expected to help breastfeeding mothers understand the importance of exclusive breastfeeding and can breastfeed their babies until the age of two years. It is expected that breastfeeding mothers will be more active in accessing information about the importance of exclusive breastfeeding for babies, so as to foster the motivation of mothers to behave well in providing exclusive breastfeeding. In addition, health workers, especially midwives, are expected to increase the active role of the community in providing exclusive breastfeeding by providing counseling or exclusive breastfeeding.

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