

Family Support to Improve Maternity Mothers' Success in Early Breastfeeding Initiation

Dukungan Keluarga Untuk Meningkatkan Keberhasilan IMD Pada Ibu Bersalin

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ABSTRACT

Breast milk is the gold standard for baby food; it has been scientifically established to provide benefits that no other food or beverage can match since it includes the most suitable, complete nutrients and constantly adapts to the baby's changing demands. The gold standard for infant nutrition starts with an Early nursing Initiation and continues with six (six) months of exclusive nursing (Munzia, 2013). Only 3.7% of infants in Indonesia are nursed within the first hour of their lives, according to research. There is only one issue with moms not continuing to breastfeed their children until they are six months old: they don't completely understand how to breastfeed well, including procedures and how to obtain breast milk, especially if they also have to work. According to the 2021 Basic Health Research (Riskesdas) findings, the province of Lampung achieves an early breastfeeding initiation rate of 80.4% and an exclusive breastfeeding rate of 73.6% for babies who are 6 months old. Compared to West Tulang Bawang Regency, where the success rate for exclusive breastfeeding was 29.1% rather than the desired 60%, the success rate for early breastfeeding initiation was 1.8% rather than the recommended 39.6%. Early breastfeeding is practiced for all newborns (Riskesdas, 2021).

The goal of the study was to ascertain how family support affected the effectiveness of early breastfeeding initiation in 2022 at the PMB Work Area of the West Tulang Bawang Regency Service. In this study, a quasi-experiment with a control group design was used. All women and birth attendants in the West Tulang Bawang District Health Office's service area in 2022 made up the study's population. The 96 birth moms and delivery attendants who worked at the West Tulang Bawang District Health Office in 2022 were the study's sample. Observation, interviews, and documentation studies are used to acquire data. Descriptive and analytical statistics are used to analyse and analyze data.

The analysis of the data reveals that respondents who had family assistance were able to initiate early breastfeeding within the first 30 minutes. In contrast, those who had family assistance on average were able to initiate early breastfeeding in the third 30 minutes. According to the statistical test results, $p = 0.014$, it may be inferred that the effectiveness of early breastfeeding initiation in new moms is significantly influenced by the family's support. Researchers in scientific development may offer the following advice: having a partner present during labor and delivery will have a really exceptional impact, especially on the mother's psychologically. Giving this care will mark the start of a successful nursing relationship, and vice versa. In an effort to increase the coverage of exclusive breast milk and achieve mother and infant health in Tulang Bawang Barat, the results of this research can be continuously improved to provide more pertinent information and learning resources about early breastfeeding initiation. These improvements will also be very helpful for future scientific advancement.

Keywords: Family support, Early Breastfeeding Initiation

ABSTRAK

ASI merupakan makanan bayi dengan standard emas, ASI terbukti mempunyai keunggulan yang tidak dapat digantikan oleh makanan dan minuman apapun, karena ASI mengandung zat gizi paling tepat, lengkap, dan selalu menyesuaikan dengan kebutuhan bayi setiap saat. Standar emas makanan bayi dimulai dengan tindakan Inisiasi Menyusu Dini (IMD), dilanjutkan dengan pemberian ASI secara eksklusif selama 6 (enam) bulan (Munzia, 2013). Menurut data hanya 3,7 % bayi di Indonesia disusui dalam 1 jam pertama setelah kelahiran. Ketidakberhasilan ibu menyusui bayinya sampai usia enam bulan, sebenarnya hanya satu masalah, yaitu ibu belum memahami sepenuhnya cara menyusui yang benar termasuk teknik dan cara memperoleh ASI terutama saat mereka harus bekerja. Hasil Riset Kesehatan Dasar (Riskesdas) 2021 menyatakan bahwa angka pemberian ASI eksklusif pada bayi berumur 6 bulan di Provinsi Lampung 73,6% dari target sebesar 60%, dan capaian IMD sebesar 80,4%. Sedangkan di Kabupaten Tulang Bawang Barat untuk capaian pemberian ASI eksklusif, yaitu 29,1% dari target sebesar 60%, capaian IMD > 1 jam 1,8% dan IMD < 1 jam 39,6% yang seharusnya IMD dilakukan pada semua bayi baru lahir (Riskesdas, 2021).

Tujuan penelitian diketahui pengaruh dukungan keluarga terhadap keberhasilan IMD di PMB Wilayah Kerja Dinas Kabupaten Tulang Bawang Barat Tahun 2022. Penelitian ini menggunakan quasi experiment with control group design. Populasi dalam penelitian ini adalah semua pendamping persalinan dan Ibu Bersalin di wilayah kerja Dinas Kesehatan Kabupaten Tulang Bawang Barat tahun 2022. Sampel penelitian ini adalah pendamping persalinan dan Ibu Bersalin di wilayah kerja Dinas Kesehatan Kabupaten Tulang Bawang Barat tahun 2022 yang berjumlah 96 orang. Pengumpulan data dengan cara studi dokumentasi, wawancara, dan observasi. Data diolah dan di analisis dengan statistik deskriptif dan analitik.

Hasil pengolahan data menunjukkan bahwa responden yang mendapat dukungan dari keluarga berhasil melakukan IMD di 30 menit pertama. Sedangkan responden yang mendapat dukungan dari keluarga rata-rata berhasil melakukan IMD di 30 menit ke tiga. Hasil uji statistik didapatkan nilai $p=0,014$, berarti dapat disimpulkan ada pengaruh yang signifikan jika keluarga memberikan dukungan terhadap keberhasilan IMD pada ibu bersalin.

Saran yang dapat diberikan peneliti dalam pengembangan keilmuan, yaitu: pemberian dukungan berupa kehadiran pendamping dalam proses persalinan akan memberikan dampak yang sangat luar biasa terutama bagi psikologi ibu. Dengan memberikan perlakuan tersebut maka akan menjadi awal keberhasilan menyusui begitu pula sebaliknya. Hasil penelitian ini dapat terus ditingkatkan untuk memberikan informasi dan referensi pembelajaran yang lebih relevan mengenai Inisiasi Menyusui Dini (IMD) sebagai salah satu upaya meningkatkan cakupan ASI Eksklusif serta tercapainya Kesehatan Ibu dan Bayi di Tulang Bawang Barat, juga sangat berguna untuk pengembangan keilmuan dikemudian hari.

Kata kunci: Dukungan Keluarga, Inisiasi Menyusui Dini (IMD)

INTRODUCTION

One of the top priorities for development in the health sector is improving mother and child health, which includes adhering to the WHO recommendation to exclusively breastfeed infants for the first six months of their lives.

Mother's milk is the gold standard in infant nutrition; studies have shown that it has benefits that cannot be matched by other foods and beverages because it contains the most suitable, complete nutrients and constantly adjusts to the baby's needs. Early breastfeeding initiation and six months of exclusive breastfeeding are the benchmarks for baby food (Gazali, 2008).

In Indonesia, just 3.7% of newborns are nursed in the first hour. One of the factors that is recognized as having the greatest impact on a child's survival, growth, and development is breastfeeding. In fact, only nursing can save roughly 20% of under-five fatalities. Because early nursing during the first hour after delivery will minimize neonatal death, it will also significantly aid in achieving MDG number four, which is to reduce child mortality (Gazali, 2008).

Lack of knowledge about the implementation of early breastfeeding initiation and exclusive breastfeeding results in babies not carrying out the practice, giving bananas as the main food, giving formula milk, and giving ready-to-eat food, even though counseling about the initiation of early breastfeeding and exclusive breastfeeding is intensifying and many health workers have been involved.

Early initiation of breastfeeding is the process of beginning breastfeeding as soon as the infant is born, or within the first few minutes. Early breastfeeding includes several other requirements in addition to having to start it within the first few hours of the baby's birth. For instance, a newborn baby may need to be briefly dried off before being placed on the mother (skin contact) and then attempt to suck the mother's milk for the first time (Roesli, 2008).

There is only one issue with moms not continuing to breastfeed their children until they are six months old: they don't completely understand how to breastfeed well, including procedures and how to obtain breast milk, especially if they also have to work. It's crucial to comprehend early breastfeeding initiation and exclusive breastfeeding. Which makes it feasible to practice early breastfeeding initiation and exclusive breastfeeding if people, families, healthcare professionals, and the community are aware of their significance, advantages, and goals (Roesli, 2008).

In addition to maternal and healthcare provider variables, the Early Breastfeeding Initiation program's effectiveness depends greatly on political backing from the federal and regional governments as well as outreach efforts. As of now, the WHO, the federal government, and local governments have all provided adequate assistance for expanding the availability of early breastfeeding initiatives and exclusive breastfeeding. This is supported by the WHO and UNICEF recommendations from 2002 that were made to boost the coverage of exclusive breastfeeding, including (1) early breastfeeding initiation within an hour of birth, (2) providing babies just colostrum, and (3) avoiding other foods and beverages. before delivering breast milk and other foods to a baby in the early days of life, (3) breastfeeding exclusively during the first six months of a baby's life, and (4) giving a baby additional nutritious food beyond six months of age.

The rate of exclusive breastfeeding for infants aged 6 months in Lampung Province is 73.6% of the target of 60%, and the achievement of Early Breastfeeding Initiation is 80.4%, according to the

results of the 2021 Basic Health Research (Riskesdas). Contrarily, in West Tulang Bawang Regency, the percentage of infants who were exclusively breastfed was 29.1% of the goal of 60%, the percentage of infants who were started on early breastfeeding during the first hour was 1.8%, and the percentage of infants who were started within the first hour was 39.6% (Riskesdas, 2021).

Researchers are curious to learn more about how mentoring affects the success of early breastfeeding initiation in the West Tulang Bawang District in light of the background information provided above and the knowledge of how crucial early breastfeeding initiation is for the growth and development of children in the future.

Research Objectives

1. General Purpose

The effectiveness of Early Breastfeeding Initiation in mothers giving birth at the Midwife Independent Practice in the West Tulang Bawang Regency work region in 2022 is known to be influenced by family support.

2. Specific Purpose

- a. The traits of respondents in the West Tulang Bawang Regency Office's Work Area for the Midwife Independent Practice in 2022 are known.
- b. The percentage of respondents who successfully initiated early breastfeeding in the independent midwifery practice in the West Tulang Bawang Regency Service in 2022 is known.
- c. The number of respondents who got family help to initiate early breastfeeding in 2022 is known. This support was given by midwives working independently in the West Tulang Bawang Regency Service.

METHOD

In this study, a quasi-experiment with a control group design was used. By first gathering information from informants or respondents who are active in the Early Breastfeeding Initiation & Breastfeeding Preparation program, it is possible to investigate the actual conditions in the field. Following the gathering of empirical data, interventions are made by providing support to willing birth mothers and labor and delivery personnel in compliance with the inclusion and exclusion criteria. The assistance is provided by health professionals. The research team taught the health workers for five days in accordance with the prepared research design before they began providing help. All moms and birth attendants who worked at the West Tulang Bawang District Health Office in 2022 comprised the study's population. A total of 48 women who worked as birth attendants and moms in the West Tulang Bawang District Health Office in 2022 served as the study's sample. data gathering through observation, interviews, and documentation studies. With the aid of descriptive and analytical statistics, data is processed and examined.

RESULTS

Characteristics of Respondents

In this study, there were 96 respondents, who were split into two groups consisting of 48 participants in the intervention group and 48 participants in the control group. Only as a control for the intervention group, the intervention group received treatment in the form of being required to have family support and other groups. The table below shows the traits of the respondents that were noted during this investigation.

Table 1
Characteristics of Respondents in the Independent Midwifery Practice in the West
Tulang Bawang Regency Work Area in 2022

Characteristics of respondents		Frequency	Percentage
The Respondent's Age	< 20 years	3	3.1%
	20-35 years	83	86.5%
	> 35 years	10	10.4%
Education	Elementary Education	52	54.2%
	Secondary Education	32	33.3%
	Higher Education	12	12.5%
Parity	Primigravida	36	37.5%
	Multigravida	60	62.5%
Position Held	Work	17	17.7%
	Doesn't work	79	82.3%
Total		96	100%

Table 1 shows that 3 respondents, or 3.1% of the total, were under the age of 20. There were 83 persons (86.5%) between the ages of 20 and 35 and 10 people (10.1%) above the age of 35. 52 respondents (54.2%) had completed elementary school, 32 had completed middle school, and 12 had completed a higher education program. 36 respondents (37.5%) reported being primigravida, and the remaining moms (62.5%) reported being multigravida. The characteristics of the respondents were dominated by those who did not work, accounting for 79 respondents (82.3%), followed by just 17 respondents who did work (17.7%).

Results of a Univariate Analysis

The research was conducted on 96 samples based on primary data sources in the Independent Practice of Midwives in the Work Area of West Tulang Bawang Regency. Each variable from the research results was then analysed to produce the distribution and presentation of each variable. The outcomes of each variable's univariate analysis are listed below. With a sample size of 96 mothers and delivery attendants, the average distribution from the intervention's results was treated as family support in the control group and was as follows:

Table 2
Distribution of Early Breastfeeding Initiation Success for Mothers in Birth in the Work Area of West Tulang Bawang Regency in 2022

No.	Group	N	Success rate of Early Breastfeeding Initiation	Average Breastfeeding Initiation Success (30 minutes-)
1	Intervention Group	48	48	2
2	Control Group	48	41	2.77
Total		96	89	

According to table 2, the average time for early breastfeeding initiation success in the intervention group was the second 30 minutes, whereas for the control group, 7 respondents did not initiate early breastfeeding, and the remaining respondents initiated early breastfeeding in the third 30 minutes.

Table 3
Distribution of Family Support Amounts for Early Breastfeeding Initiation in the Work Area of the West Tulang Bawang Regency in 2022

No.	Group	N	Percentage
1	No Family Support	12	12.5%
2	There Is Family Support	84	87.5%
Total		96	100%

Based on table 3, it is clear that the majority of new moms had family support to initiate early breastfeeding in as many as 84 people (87.5%). In contrast, 12 additional participants in the control group (12.5%) did not have family support to initiate early breastfeeding.

Results of a Bivariate Analysis

The success of the Early Breastfeeding Initiation process for mothers giving birth at the Independent Practice of Midwives in the Work Area of the West Tulang Bawang Health Office in 2022 was studied using bivariate analysis to determine the impact of the number of assistance to delivery companions.

Table 4

Distribution of Family Support's Effect on Early Breastfeeding Initiation Success in Mothers Giving Birth in the Independent Midwives' Practice in the Tulang Bawang Barat Regency in 2022

Dependent Variable	Attendance at Meetings	Mean	SD	P Value	N
Early Breastfeeding Initiation's Success	No Family Support	3.17	1.030	0.014	12
	There Is Family Support	1.27	1.165		84
		2.25	1.182		96

Table 4 shows that respondents who had family support were more successful in starting an early breastfeeding relationship within the first 30 minutes. In contrast, those who had family assistance on average were able to initiate early breastfeeding in the third 30 minutes. According to the statistical test results, $p = 0.014$, it may be inferred that the effectiveness of early breastfeeding initiation in new moms is significantly influenced by the family's support.

DISCUSSION

Based on tables 2, 3, and 4, it is evident that respondents who had family support were able to initiate early breastfeeding within the first 30 minutes. In contrast, those who had family assistance on average were able to initiate early breastfeeding in the third 30 minutes.

According to the statistical test results, $p=0.014$, it may be inferred that the effectiveness of early breastfeeding initiation in new moms is significantly influenced by the family's support.

When a baby starts nursing on its own right away after delivery, this is known as early commencement of breastfeeding or early initiation of breastfeeding. Therefore, human babies can breastfeed themselves just like babies of other mammal species. If the newborn is permitted to have skin-to-skin contact with the mother for at least one hour after birth (Roesli, 2008).

The role of health professionals, who are crucial to the delivery process, culture, and family support—especially from husbands—all have an impact on the effectiveness of early breastfeeding initiation. According to the findings of Setegn's study, timely breastfeeding beginning is highly correlated with postnatal breastfeeding coaching. According to Widiastuti's research, family support, particularly from spouses, was the factor that was most important to the success of early breastfeeding initiation. The findings of this study are consistent with those of Hidayat and Dewantiningrum's study, which found that family support is the main factor influencing the effectiveness of early breastfeeding initiation.

A companion during labor and delivery will have a remarkable impact, particularly on the mother's mental health. The mother will experience peace and comfort, which will make it easier for her to perform the duties of a mother during labor and after delivery. This is in line with the findings of Mukhoirotin's study, which showed that the husband's continuous support of the mother during childbirth will have a very positive effect because the mother feels like she is receiving emotional support, which makes the mother feel less pain and motivated to carry out post-natal motherly duties.

According to Mannion, partners who actively participate in breastfeeding activities and verbally support their partners feel more competent and confident in breastfeeding.

Early Breastfeeding Initiation is implemented in large part due to birth support. According to Lestari's research (2017) on the factors influencing the failure of early breastfeeding initiation in Tegal, the absence of a birthing family, a lack of knowledge about early breastfeeding initiation, and mothers' lack of understanding of early breastfeeding initiation are all potential causes of failure. The family plays a crucial role in the success of early breastfeeding initiation because their emotional support during labor can uplift the laboring mother's spirits and give her more assurance that her actions to implement early breastfeeding initiation are the best ones.

In this study, families who will be present at the birth have previously received information on EBI so they are aware of its advantages and objectives. As a result, birth attendants are more eager to assist moms and babies with Early Breastfeeding Initiations.

LIMITATION OF THE STUDY

Limitations in the availability of literature and data sources on promoting early breastfeeding initiation.

CONCLUSIONS

According to the findings of the study, it can be said that various things are as follows: 1). In terms of age, there were 3 respondents under the age of 20 (3.1%), 83 respondents between the ages of 20 and 35 (86.5%), and 10 respondents beyond the age of 35 (10.4%). 52 respondents (54.2%) had completed elementary school, 32 had completed middle school, and 12 had completed a higher education program. 36 respondents (37.5%) reported being primigravida, and the remaining moms (62.5%) reported being multigravida. The characteristics of the respondents were dominated by those who did not work, accounting for 79 respondents (82.3%), followed by just 17 respondents who did work (17.7%). 2). The success of Early Breastfeeding Initiation for mothers giving birth in the Independent Practice of Midwives in the Work Area of West Tulang Bawang Regency in 2022 is significantly influenced by the family's support.

SUGGESTIONS

Researchers in scientific development may offer the following advice: having a partner present during labor and delivery will have a really exceptional impact, especially on the mother's psychologically. Giving this care will mark the start of a successful nursing relationship, and vice versa. As part of an effort to increase the coverage of exclusive breastfeeding and achieve mother and infant health in Tulang Bawang Barat, the study's findings can be continuously improved to provide more pertinent information and learning resources about early breastfeeding initiation. These improvements will also be very helpful for future scientific research.

In addition to routine health education provided by health workers and cadres to pregnant women and women of childbearing age about the importance of breastfeeding, the advice for Community Health Centers, Midwives' Independent Practice, and health workers is that it is necessary to hold a program that regulates and facilitates the process of breastfeeding in Indonesia, especially in West Tulang Bawang Regency.

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ETHICAL CONSIDERATIONS

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Conflict of Interest Statement

There is no conflict of interest

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