



**FACTORS THAT INFLUENCE BREASTFEEDING FOR BABIES AGED
LESS THAN 6 MONTHS AT THE JAGAKARSA DISTRICT HEALTH
CENTER, SOUTH JAKARTA**

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ABSTRACT

In Indonesia, especially in rural areas, we often see supplementary feeding starting a few days after the baby is born. This habit is not good because giving additional food early can result in babies suffering from diarrhea more often, being easily allergic to certain food substances (7.5%), malnutrition or impaired child growth, decreased breast milk production.

The aim of this study is to determine the factors that influence breastfeeding for babies aged less than 6 months at the Jagakarsa sub-district health center, South Jakarta in 2023.

The survey design uses a cross sectional approach, namely the dependent variable and the independent variable are measured at the same time. The population in this study were all mothers who had babies aged less than 6 months in the Jagakarsa subdistrict health center, South Jakarta in 2023. Meanwhile, the sampling technique uses accidental sampling.

The research results show the distribution of the frequency of breastfeeding for babies aged less than 6 months, where there are 44 mothers who breastfeed (64.9%), 45 mothers who have higher education (81.8%), 45 mothers who work. 40 people (97.6%), 55 people (78.6%) who did not receive family support, 49 people (70%) who received social support, 61 mothers who received husband support (87.1%). There is a significant relationship between education ($P_v = 0.015$ with an OR of 0.194), employment ($P_v = 0.000$ with an OR of 56.667), and breastfeeding for babies aged less than 6 months. Meanwhile, the relationship that is not significant is social support ($P_v = 1.000$ with an OR of 0.865), husband's support ($P_v = 0.074$ with an OR of 4.615), and family support ($P_v = 0.078$ with an OR of 0.286).

The analysis shows that several factors influence breastfeeding in babies aged less than 6 months. More recommended for parents/mothers It is hoped to increase knowledge about breast milk through various sources of information.

Keywords: Giving breast milk to babies aged less than 6 months.

ABSTRAK

Di Indonesia terutama di daerah pedesaan sering kita jumpai pemberian makanan tambahan mulai beberapa hari setelah bayi lahir. Kebiasaan ini kurang baik karena pemberian makanan tambahan dini dapat mengakibatkan bayi lebih sering menderita diare, mudah alergi terhadap zat makanan tertentu (7,5%) terjadi malnutrisi atau gangguan pertumbuhan anak, produksi ASI menurun.

Penelitian ini bertujuan untuk mengetahui faktor-faktor yang mempengaruhi pemberian ASI pada bayi usia kurang dari 6 bulan di puskesmas kecamatan jagakarsa jakarta selatan pada tahun 2023.

Dalam penelitian ini penulis menggunakan metode analitik. Rancangan survei dengan menggunakan pendekatan cross sectional yaitu variabel dependen dan variabel independen diukur pada saat yang sama. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki bayi usia kurang dari 6 bulan di puskesmas kecamatan jagakarsa jakarta selatan pada tahun 2023. Teknik pengambilan sampel menggunakan purposive sampling. Analisa data univariat dan bivariat.

Menyatakan distribusi frekuensi pemberian ASI pada bayi usia kurang dari 6 bulan dimana ibu yang memberikan ASI sebanyak 44 orang (64,9%), ibu yang memiliki pendidikan tinggi yaitu sebanyak 45 orang (81,8%), ibu yang bekerja yaitu sebanyak 40 orang (97,6%), ibu yang tidak mendapatkan dukungan keluarga sebanyak 55 orang (78,6%), yang mendapatkan dukungan sosial sebanyak 49 orang (70%), ibu yang mendapatkan dukungan suami sebanyak 61 orang (87,1%). Terdapat hubungan yang bermakna antara pendidikan ($P_v = 0,015$ dengan OR sebesar 0,194), pekerjaan ($P_v = 0,000$ dengan sebesar OR 56,667), dengan pemberian ASI pada bayi usia kurang dari 6 bulan. Sedangkan, hubungan yang tidak bermakna yaitu dukungan sosial ($P_v = 1,000$ dengan OR sebesar 0,865), dukungan suami ($P_v = 0,074$ dengan OR sebesar 4,615), dan dukungan keluarga ($P_v = 0,078$ dengan OR sebesar 0,286).

Dari analisis menunjukkan bahwa beberapa factor mempengaruhi pemberian ASI pada bayi usia kurang dari 6 bulan. Disarankan lebih bagi orang tua/ibu diharapkan untuk meningkatkan pengetahuan mengenai ASI melalui berbagai sumber informasi.

Kata kunci: Pemberian ASI, bayi, usia kurang dari 6 bulan.

INTRODUCTION

Breastfeeding is a natural process and an integrated part of the reproductive process. Every woman who can be fertilized and carries a pregnancy to term will be able to produce milk (Khairunnayah, 2014). Mother's milk (ASI) is the most ideal food for babies. Therefore, in 2000 the Indonesian government set a target of at least 80% of mothers breastfeeding their babies exclusively, namely breast milk without any other food or drink from birth until the baby is 6 months old. A WHO study in 2021 stated that more than 3000 studies showed that breastfeeding for 6 months is the optimal time period for exclusive breastfeeding. Extending exclusive breastfeeding until the baby is 6 months old provides various benefits for the baby, including: (1) reducing the risk of overnutrition, (2) improving

health in childhood, (3) increasing immunity, (4) reducing the risk of allergies, skin spots, diarrhea, respiratory tract infections, (5) does not make the baby lose weight.

Other factors influencing breastfeeding are socio-cultural economic factors (mother's formal education, family income and mother's work status), psychological factors (fear of losing attractiveness as a woman, mental pressure), physical factors of mother (sick mother, for example mastitis, and and so on), the factor is the lack of health workers so that the public does not receive enough information or encouragement about the benefits of exclusive breastfeeding (Riksani, R. 2020).

Nursing mothers' knowledge about exclusive breastfeeding can also be influenced by other factors including the mother's age, education and employment (WHO, 2019). Age influences how pregnant women make decisions about giving exclusive breastfeeding. The older they get, the more experience and knowledge they have. increase. (Notoatmodjo, 2018). Apart from that, the mother's age determines maternal health and is related to the conditions of pregnancy, childbirth and postpartum as well as how to care for and breastfeed the baby. Mothers who are less than 20 years old are still immature and not ready physically and socially to face pregnancy, childbirth and in caring for the baby they are born with (WHO, 2019). Mothers aged 20-40 years, according to Hurlock (2021), are referred to as adulthood and also called the reproductive period, where during this period it is hoped that people will be able to solve the problems faced emotionally calmly, especially in dealing with pregnancy, childbirth, postpartum and caring for their baby later (Rumpiati. (2021)

The mother's job is also thought to influence the mother's knowledge and opportunities to provide exclusive breastfeeding. The knowledge of respondents who work is better when compared to the knowledge of respondents who do not work. All of this is because mothers who work outside the home (formal sector) have better access to various information, including information about exclusive breastfeeding (MOH RI 2014). The results of research by Aprillia, Y. T., Mawarni, E. S., (2020) reveal that the possibility of a mother breastfeeding her baby exclusively until the age of 4 months and continuing until the age of 2 years, is an average of 38% if the mother works and this figure rises to 91% if the mother Doesn't work.

The low level of maternal education results in a lack of maternal knowledge in dealing with problems, especially in breastfeeding. This knowledge is obtained both formally and informally. Meanwhile, mothers who have a higher level of education are generally open to accepting changes or new things to maintain their health (WHO, 2019).

Based on a preliminary study conducted by researchers at the Jagakarsa subdistrict health center, South Jakarta in 2012, there were 20 mothers who had babies under 6 months old, and it was found that 10 babies (50%) of them had been given breast milk supplementary food before the baby was 6 months old. So it is necessary to conduct research on the factors that influence breastfeeding for babies less than 6 months old at the Jagakarsa District Health Center, South Jakarta in 2023.

METHOD

This research uses independent variables, namely education, employment, husband's support, family support and social support. Meanwhile, what acts as the dependent variable are factors that influence breastfeeding for babies aged less than 6 months at the Jagakarsa Community Health Center, South Jakarta. This research method is cross sectional. The subjects of this research were a population of mothers who had babies aged less than 6 months. Meanwhile, the sampling technique uses accidental sampling namely 70 mothers who provide breast milk at the Jagakarsa Community Health Center, South Jakarta in 2023. Data analysis in this research is univariate analysis, namely variable frequency distribution and bivariate analysis using chi-square.

RESULTS AND DISCUSSION

1. Univariate Analysis

Tabel 1. Frequency Distribution of Breastfeeding, Education, Employment, Family Support, Husband's Support and Social Support for Babies Under 6 Months of Age at the Jagakarsa District Health Center, South Jakarta, 2023

Variables	N (70)	Percentage (100%)
Breastfeeding:		
Yes	52	74,3
No	18	25,7
Education:		
High	55	21,4
Low	15	78,4
Work:		
Yes	41	58,6
No	29	41,4
Family Support:		
There is support	15	21,4
No Support	55	78,6
Husband's Support:		
There is support	61	87,1
No Support	9	12,9

From table 1, In the distribution of the frequency of breastfeeding for babies aged less than 6 months, there are 44 mothers who give breast milk (64.9%), 45 mothers who have higher education (81.8%), 40 mothers who work. (97.6%), there were 55 mothers who did not receive family support (78.6%), 49 people (70%) received social support, 61 mothers who received husband support (87.1%).

2. Bivariate analysis

Table 2. Relationship between MPASI Provision with Knowledge, Work, Family Support, Social Environment and Role of Health Workers at Posyandu Bungalau, Pondok Pucung Village, South Tangerang Regency in 2022.

Variables	Giving MP ASI		Total (%)	P Value	OR CI 95%
	Yes (%)	No (%)			
Education:					
High	45(81,8)	10(18,2)	55(100)	0.015	5,143(1,5 12- 17,492)
Low	7(46,7)	8(53,3)	15(100)		
Work:					
Yes	40(97,6)	1 (2,4)	41 (100)	0.000	56,667 (6,819- 470,894)
No	12(41,4)	17 (58,6)	29(100)		

Family Support:					
There is support	8(53,3)	7 (46,7)	15 (100)	0.078	0,286 (0,85- 0,959)
No Support	44(8)	11 (20)	55 (100)		
Husband's Support:					
There is support	48 (78,7)	13 (21,3)	61(100)	0,074	4,615 (1,082- 19,687)
No Support	4 (44,4)	5 (55,6)	9 (100)		

From table 2, There is a significant relationship between education ($P_v = 0.015$ with an OR of 0.194), employment ($P_v = 0.000$ with an OR of 56.667), and breastfeeding for babies aged less than 6 months. Meanwhile, the relationship that is not significant is social support ($P_v = 1,000$ with an OR of 0.865), husband's support ($P_v = 0.074$ with an OR of 4.615), and family support ($P_v = 0.078$ with an OR of 0.286).

CONCLUSIONS AND SUGGESTIONS

The conclusions from this research are: The incidence of breastfeeding for babies aged less than 6 months at the Jagakarsa District Health Center, South Jakarta in 2013 was the highest number of babies who were given breast milk, amounting to (74.3%) and the remaining (25.7%) babies who were not given breast milk. Frequency distribution of incidents of breastfeeding for babies aged less than 6 months based on education at the Jagakarsa District Health Center, South Jakarta in 2013. The highest number was in the higher education category at (21.4%) and the rest was (78.4%) in the education category. tall. Frequency distribution of incidents of breastfeeding for babies aged less than 6 months based on employment at the Jagakarsa District Health Center, South Jakarta in 2013. The largest number was in the working category at (58.6%) and the remainder at (41.64%) in the non-working category. It appears that there are more working mothers than non-working mothers. Frequency distribution of the incidence of breastfeeding for babies aged less than 6 months based on family support at the Jagakarsa District Health Center, South Jakarta in 2013. The highest number was in the no support category at (78.6%) and the rest at (21.4%) category there is support. Frequency distribution of husband's support for breast milk for babies less than 6 months old based on husband's support at the Jagakarsa District Health Center, South Jakarta in 2013. The most in the no support category was (66.2%) and the rest was (33.8%) category there is support. Frequency distribution of social support for breast milk for babies aged less than 6 months based on social support at the Jagakarsa District Health Center, South Jakarta. In 2013, the highest was in the no support category (70.0%) and the rest was (30.0%) in the no category. support. It turned out that there were 2 variables that had a significant relationship with the incidence of breastfeeding in babies aged less than 6 months at the Jagakarsa Health Center, South Jakarta in 2013, including education with $P_v = 0.015$; job with $P_v = 0.000$;

8. Variables that are not related to the incidence of breastfeeding for babies aged less than 6 months at the Jagakarsa subdistrict health center, South Jakarta in 2013 are husband's support $P_v = 0.074$, family support $P_v = 0.286$, and social support $P_v = 1.000$.

Suggestions from this research: Parents are expected to increase and develop knowledge about the factors that influence breastfeeding.

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