

# Analysis Of Factors Associated With Exclusive Breastfeeding Among Infants Of Working Mothers In The Plantation Of Sri Bandung Village, Ogan Ilir District

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## Abstract

*Exclusive breastfeeding for 6 months is an important health behavior to reduce infant mortality and support cognitive development by preventing infection. This shows the importance of exclusive breastfeeding practices in maintaining the health of babies and supporting their growth and development. This research was conducted with the aim of identifying an analysis of factors related to exclusive breastfeeding for babies from mothers who work in the Sri Bandung Village Plantation, Ogan Ilir Regency. The method used is an analytical study with a cross sectional approach. The research involved 33 respondents who worked on plantations in Sri Bandung Village, Ogan Ilir Regency. In this study, an analysis of factors related to exclusive breastfeeding for babies from mothers who work on plantations was carried out. This research method provides an overview of the relationship between the variables studied at a certain time. The results of the study showed that there was no significant relationship between several variables such as age, early initiation of breastfeeding, knowledge, and exposure to formula milk promotion with exclusive breastfeeding for babies from mothers who worked on plantations in Sri Bandung Village, Ogan Ilir Regency. However, these results indicate that there are other factors that also contribute to the practice of exclusive breastfeeding that need further research.*

**Keywords :** *Exclusive breast feeding, working women, Family Sport*

## 1. Introduction

Exclusive breastfeeding (EBF) for 6 months is a critical health behavior to reduce infant mortality and support healthy cognitive development by preventing infections [1]. Infants who are breastfed have a lower risk of gastroenteritis, diarrheal disease, urinary tract infection (UTI), sepsis, and respiratory infections compared to infants suffering from these diseases who are formula fed [2]. In an effort to give these children a chance to survive, it is imperative to promote and support breastfeeding by government organizations and medical institutions [3]. For mothers, exclusive breastfeeding reduces the chances of developing chronic diseases related to obesity and the development of ovarian and breast cancer [4], as well as postpartum hemorrhage [5]. In addition, available evidence suggests that mothers who exclusively breastfeed their infants are less likely to experience depressive symptomatic illness [6]. Despite the overwhelming evidence on the benefits of exclusive breastfeeding, exclusive breastfeeding rates are still low in both developed and developing countries. Globally, less than 40% of infants under 6 months of age are exclusively breastfed [7].

Developing countries report an exclusive breastfeeding prevalence of 36% in infants less than 6 months old [8]. However, the prevalence of exclusive breastfeeding is much lower among professional working mothers in developing countries [9]. The most common factors are lack of family support, and unorthodox workplaces for breastfeeding, which further lead to decreased breastfeeding in the Plantation Region [10]. In this situation most mothers are the sole breadwinners or they supplement household income to meet their basic needs [11]. All these facts support the notion that many women, whether working or not, can be encouraged to breastfeed exclusively if they are well supported to carry out this practice. Based on Riskesdas Data in 2017, there was a high infant mortality rate of 24/1000

live births, and the under-five mortality rate was 32/1000 live births [12]. One of the risk factors for mortality in infants and toddlers is nutritional problems, especially those related to exclusive breastfeeding [13].

Health workers have an important role in motivating mothers and providing information to breastfeeding mothers about the importance of exclusive breastfeeding for infants [14], [15]. The role of health workers in exclusive breastfeeding is needed, namely by providing information and education about the importance of exclusive breastfeeding to breastfeeding mothers. Government Regulation of the Republic of Indonesia Number 33 of 2012 concerning Exclusive Breastfeeding explains that to achieve optimal utilization of exclusive breastfeeding, officers and health care providers of health care facilities are required to provide information and education about exclusive breastfeeding to the mother and or family members of the baby concerned since the pregnancy examination. Until the exclusive breastfeeding period is complete [16], providing information and education about exclusive breastfeeding can be done through counseling, and mentoring. This study was conducted with the aim of identifying the analysis of factors associated with exclusive breastfeeding in infants of working mothers in the Sri Bandung Village Plantation, Ogan Ilir Regency.

## 2. Materials and Method

### 1. Research Location

Cinta Manis Unit is one of 27 units owned by PTPN VII which is engaged in Plantations and Sugar Factories. With a total land concession area of  $\pm 20,301.08$  Ha spread across 6 sub-districts and 43 villages, the Sweet Love Unit has become one of the pillars of sugar needs in the South Sumatra region and also a source of economy for thousands of workers and the surrounding community, Administratively Sweet Love Unit is located in Ketiau Village, Lubuk Keliat Sub-district, Ogan Ilir Regency ( $\pm 75$  Km south of Palembang city) South Sumatra Province. The map of PTPN VII Sweet Love Unit area can be seen in (Figure 1).

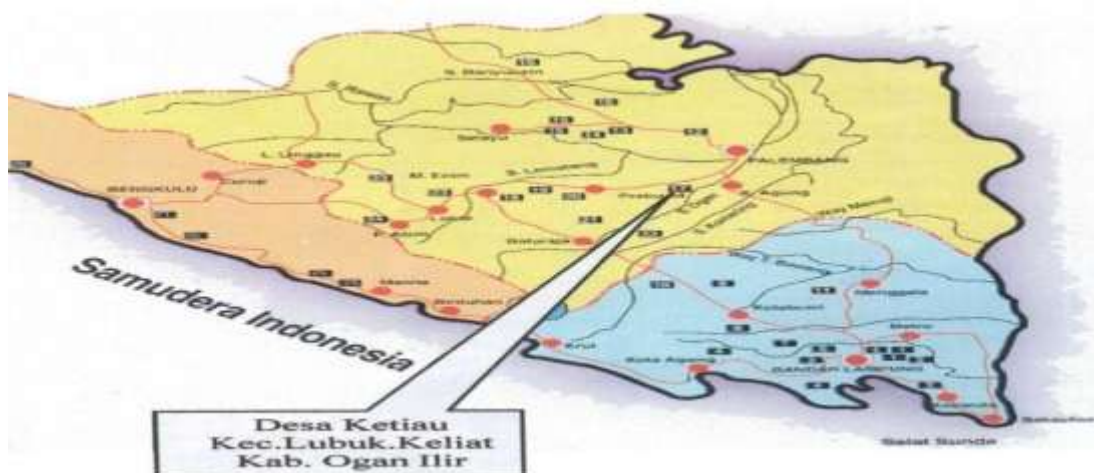


Figure 1. Research Location  
Source: Data Processing

### 2. Data source

This study is an analytical survey research with a Cross Sectional approach or a cross-sectional study where the data collection process is carried out at the same time [17], [18], [19]. The population of this study were all mothers who had babies < 6 months of age and worked in the Sri Bandung Village Plantation, Ogan Ilir Regency, Indonesia. This study was conducted in June-July 2016. A total of 33 people participated in this study. Inclusion criteria are mothers who work in plantations, have babies aged < 6 months, are willing to

become respondents, can interact well and live in the Plantation Area of Sri Bandung Village, Ogan Ilir Regency, and are willing to participate in this study. Sociodemographic data and mothers' knowledge level regarding exclusive breastfeeding were measured using structured interviews and questionnaires [20]. Cultural aspects related to exclusive breastfeeding were explored through focus group discussions and in-depth interviews. Sociodemographic data measured were age, occupation, parity, husband's support and exposure to formula milk. The data obtained will be presented in the form of tables and narratives [21].

### 3. Data analysis

Data processing and analysis were performed using a computer program. Univariate analysis was performed to explain or describe the variables of knowledge, parity, husband support, Early Breastfeeding Initiation (IMD) and formula milk exposure. Bivariate analysis was carried out on two variables, namely independent variables consisting of variables of knowledge, parity, husband's support, Early Breastfeeding Initiation (IMD) and exposure to formula milk, with the dependent variable, namely exclusive breastfeeding in infants of working mothers in Sri Bandung Village plantations, Ogan Ilir Regency. The statistical test used was chi-square, with a significance level of  $\alpha = 0.05$  [22].

## 3. Result & Discussion

### 1. Result

**Table 1.** Demographic characteristics of respondents with exclusive breastfeeding

Variables	amount	%
Exclusive breastfeeding		
Yes	5	14,7%
No	29	85,3%

Source: Data Processing

**Table 2.** Factors associated with exclusive breastfeeding

No.	Variables	Exclusive breastfeeding				Total		Pv	OR
		Old		Young		N	%		
		N	%	N	%				
1.	Age of Respondent		38,5						
	a. Old	5	0,0	8	61,5	13	100,0	0,414	
	b. Young	0			100,0	21	100,0		0,667
				21					
2.	Jobs								
	a. Housewife								
	b. Farm Laborer / Casual	5	33,33	10	66,7	15	100,0	0,011	0,667
	Freelance/et	0	0,0	19	100,0	19	100,0		
3.	parity								
	a. 2-3 people/>3 people	5	35,7	9	64,3	14	100,0	0,007	0,643
	b. 1 people	0	0,0	20	100	20	100,0		
4.	early breastfeeding initiation								
	a. Yes	4	17,4	19	82,6	23	100,0		
	b. No	1	9,1	10	90,9	11	100,0	1,000	2,105
5.	knowledge								
	a. Both	3	15,0	17	85,0	20	100,0		
	b. Less	2	14,3	12	85,7	14	100,0	1,000	1,059
6.	husband support								

	a. both	5	38,5	8	61,5	13	100,0		
	b. Less	0	0,0	21	100,0	21	100,0	0,005	0,615
7.	Exposure to Formula Milk Promotion								
	a. not exposed								
	b. exposed	2	10,5	17	89,5	19	100,0		
								0,634	0,471
		3	20,0	12	80,0	15	100,0		

*Source: Data Processing*

According to the distribution of variables that have exclusive breastfeeding of respondents in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016, the most respondents who are not exclusively breastfed as many as (85.3%).

Factors associated with exclusive breastfeeding, including the age of the respondent with exclusive breastfeeding in the Sri Bandung Village Plantation, Ogan Ilir Regency in 2016, were obtained, that there were as many as (61.5%) who had old age with not exclusive breastfeeding, while among respondents whose jobs are farm laborers / daily freelancers / etc. with not exclusive breastfeeding as many as (100.0%).

The work of respondents with exclusive breastfeeding in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016 was obtained, that there were as many as (66.7%) who had the work of housewives with not exclusive breastfeeding, while among respondents whose jobs were farm laborers / daily freelancers / etc. with not exclusive breastfeeding as many as (100.0%).

Parity of respondents with exclusive breastfeeding in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016 was obtained, that there were as many as (64.3%) who had a parity of 2-3 people / > 3 people with not exclusive breastfeeding, while among respondents who had a parity of 1 person with not exclusive breastfeeding as many as (100.0%).

Early Breastfeeding Initiation (IMD) of respondents with exclusive breastfeeding in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016 was obtained, that there were as many as (82.6%) who had Early Breastfeeding Initiation (IMD) with not exclusive breastfeeding, while among respondents who did not have Early Breastfeeding Initiation (IMD) with not exclusive breastfeeding as many as (90.9%).

Knowledge of respondents with exclusive breastfeeding in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016 was obtained, that there were as many as (85.0%) who had good knowledge with not exclusive breastfeeding, while among respondents who lacked knowledge with not exclusive breastfeeding as many as (85.7%).

The support of respondents' husbands with exclusive breastfeeding in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016 was obtained, that there were as many as (61.5%) who had good husband support with not exclusive breastfeeding, while among respondents who lacked husband support with not exclusive breastfeeding as many as (100.0%).

Exposure to formula milk promotion of respondents with exclusive breastfeeding in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016 obtained, that as many as (89.5%) who had no exposure to good formula milk promotion with not exclusive breastfeeding, while among respondents exposed to formula milk promotion exclusive breastfeeding as much as (80.0%).

## 2. Discussion

Based on the results of the study, 50.0% of respondents were aged 21-28 years, 41.2% were 29 - 37 years old, 8.8% were 38 - 45%. This shows that most of the respondents who work in the Sri Bandung Village plantation are 21-28 years old. After the statistical test was carried out, the P value = 0.414 was obtained, this means that there is no relationship between the age of the respondent and exclusive breastfeeding in the Sri Bandung Village

plantation. Because the mother's knowledge is less towards exclusive breastfeeding. The results of this study are in line with Ibrahim's research (2002) in Tangerang Regency which showed no significant relationship between maternal age and exclusive breastfeeding. Similarly, Marlina's (2005) research examined exclusive breastfeeding in Bogor city that the age of the mother with the practice [23].

Based on the results of the analysis of respondents' work in the Sri Bandung Village plantation, 55.9% of mothers who work as farm laborers / daily freelancers were obtained. Based on statistical tests, the P value = 0.011 means that there is a relationship between the respondent's work and exclusive breastfeeding in Sri Bandung Village, Ogan Ilir Regency. This study is not in line with Ida's research in the work area of the Kemiri Muka Health Center, Depok City in 2011, the results of statistical tests on the relationship between maternal employment and 6-month exclusive breastfeeding behavior found that statistically there was no significant relationship between maternal employment and 6-month exclusive breastfeeding behavior or it could be said that there was no difference in the proportion of 6-month exclusive breastfeeding behavior between mothers who did not work and those who worked. Although not statistically significant, it can be seen that the percentage of mothers who provide exclusive breastfeeding for 6 months as much as 80.0% in mothers who do not work is greater at 27.9% than in working mothers who are only 16.7% [24].

Based on the results of the analysis of the parity of respondents in the Sri Bandung Village plantation, 41.2% had a parity of 2-3 people /> 3 people. Based on the results of statistical tests, the value of P = 0.007 was obtained, meaning that there was a relationship between respondent parity and exclusive breastfeeding in the Sri Bandung Village plantation, Ogan Ilir Regency. This study is in line with research at the Pembina Palembang health center, using an analytical survey method with a cross sectional approach and a sample of 46 respondents. The results of the chi square statistical test showed that there was a significant relationship between parity and exclusive breastfeeding with P = 0.004 [25]. And the results of research in the work area of the Mongolato Health Center, Telaga District, Gorontalo Regency in 2013, a cross sectional study design and a sample of 193 breastfeeding mothers. The results showed that parity (P = 0.006) was shown to be significantly associated with exclusive breastfeeding [26].

Based on the results of the analysis of Early Breastfeeding Initiation (IMD), 67.6% of respondents in Sri Bandung Village plantation, Ogan Ilir Regency.

The results showed that there was no relationship between early breastfeeding initiation (IMD) and exclusive breastfeeding with a P value = 0.005 and a correlation coefficient value of 0.456. And the results of research at the Tegalrejo Yogyakarta Health Center, descriptive retrospective research type with a cross sectional approach. Concluding that there is a relationship between Early Breastfeeding Initiation (IMD) and exclusive breastfeeding behavior with a significant 0.002 [27].

Based on the results of the analysis of respondents' knowledge in the Sri Bandung Village plantation, namely 58.8% of respondents.

Based on statistical tests, the value of P = 1.000, means that there is no relationship between respondents' knowledge and exclusive breastfeeding in the Sri Bandung Village plantation, Ogan Ilir Regency. The results of this study are not in line with research in Harjobinangun Purworejo Village, showing P = 0.007 <0.05 so that Ha is accepted and Ho is rejected, meaning that there is a relationship between the level of maternal knowledge about exclusive breastfeeding and exclusive breastfeeding [28]. And the results of research in Surakarta city, show that knowledge factors affect exclusive breastfeeding [29].

Based on the results of the analysis of respondents' husband's support in the Sri Bandung Village plantation, Ogan Ilir Regency, 50.0% of respondents. Based on the research, the P value = 0.005, meaning that there is a relationship between the support of the respondent's husband and exclusive breastfeeding in the Sri Bandung Village plantation, Ogan Ilir Regency. The results of this study are in line with research in Cidadap village, West Pagaden Health Center working area, Subang Regency, correlative analytic research method with a cross sectional approach and the sample used was 98 respondents [30]. The results of the chi square statistical test showed that the factor that influenced exclusive

breastfeeding was husband support with a value of  $P = 0.021$ . And the results of research in the work area of the Mongoloto health center, Telaga District, Gorontalo Regency in 2013, cross sectional study design and samples taken were 193 mothers who breastfed. The results showed that husband support ( $P = 0.000$ ), proved to be significantly associated with exclusive breastfeeding [30].

Relationship between Respondents' Formula Milk Exposure and Exclusive Breastfeeding Based on the research value ( $P = 0.634$ ), it means that there is no relationship between exposure to formula milk and exclusive breastfeeding in the plantation of Sri Bandung Village, Ogan Ilir Regency.

Based on the research value ( $P = 0.634$ ), it means that there is no relationship between exposure to formula milk and exclusive breastfeeding in Sri Bandung Village plantation, Ogan Ilir Regency. The results of this study are not in line with research in Semanan Village, Kalideres District, Jakarta Barat using a cross sectional design and a sample size of 82 people. The results showed that the factor associated with exclusive breastfeeding was the promotion of formula milk with an odd ratio = 31.53% [31]. And the results of research in Cipedes Village, Cipedes District, Tasikmalaya City. This study used survey method and cross sectional research design. The number of samples in this study were 67 people. The results showed there was a relationship between exposure to formula milk advertising and exclusive breastfeeding ( $P = 0.007$ ) [32].

#### 4. Conclusion

Based on the results of research conducted in Sri Bandung Village Plantation, Ogan Ilir Regency in 2016, it shows that the variables that statistically do not have a significant relationship with exclusive breastfeeding in infants of mothers who work in plantations are age, early breastfeeding initiation (IMD), knowledge, exposure to formula milk promotion. This proves that there are other factors or variables that have a major contribution to exclusive breastfeeding in infants from mothers who work in Sri Bandung Village Plantation, Ogan Ilir Regency, therefore it is advisable to conduct further research studies on Factor Analysis which is associated with Exclusive Breastfeeding in infants from mothers who work in Sri Bandung Village Plantation, Ogan Ilir Regency.

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