

## Factors Related to Giving Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

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### ARTICLE INFO

### ABSTRACT

#### Keywords:

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Breastfeeding is one of the first steps for a human being to get a healthy and prosperous life. This is stated in the Sustainable Development Goals (SDGs) or sustainable development goals in 2030. However, in several developed and developing countries including Indonesia, many career mothers are not breastfeeding exclusively. The research objective was to determine the factors associated with giving formula milk to infants 0-6 months in Pangurabaan Village, Sipirok District, Tapanuli Selatan Regency in 2020. The research design was a survey analytic study with a cross sectional approach. The population in this study were 60 mothers who gave formula milk to babies 0-6 months in Pangurabaan Village, Sipirok District, Tapanuli Selatan Regency. Data analysis used univariate and bivariate analysis using the chi-square test. The results of the study were based on the frequency of mothers' knowledge that the majority of mothers' knowledge about formula milk had sufficient knowledge as many as 30 respondents (50%) and a minority of well-informed mothers were 5 respondents (8.3%), the majority of their husbands' support was poor as many as 40 respondents (66.7%) and the minority whose husband's support was good as many as 20 respondents (33.3%), the majority of the support from the health workers was not good as many as 39 respondents (65%) and the minority whose support from the health personnel was good as many as 21 respondents (35%). The conclusion of this study shows that there is a relationship between knowledge, husband support and support from health workers with formula milk feeding for infants 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020. formula in infants and can provide information to mothers who have babies 0-6 months so as not to give formula milk too early.

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## 1. Introduction

Improving the quality of human life starts as early as possible from infancy. One of the things that plays an important role in improving the quality of humans is breastfeeding. Breastfeeding as much as possible is an important activity in child care and preparation for future generations(1).

Breast milk (ASI) is the best first food for the early life of a baby because it contains all the nutrients needed in the right amount and provides antibodies or immune substances to fight infection and also contains hormones to promote growth. So that breast milk (ASI) is an important role in the growth, development and survival of the baby(2).

Breastfeeding is one of the first steps for a human being to get a healthy and prosperous life. This is stated in the Sustainable Development Goals (SDGs) or sustainable development goals in 2030. However, in several developed and developing countries including Indonesia, many career mothers are not breastfeeding exclusively (3).

Feeding formula milk to babies in the first year is usually done because of conditions that occur in the mother, such as flat nipples, sore nipples, swollen breasts, blocked milk ducts, breast infections, breast abscesses, and work. Formula milk or other foods other than breast milk that are given, namely newborns who have been given pre-lactal food or drinks as much as 44.7% and 73.9% in the form of infant formula milk aged 0-5 months starting to be given other than breast milk at the age of 0-7(4).

The average number of exclusive breastfeeding in the world is only around 38%. This figure is still far from the WHO 2018 target of 80%, while Indonesia ranks third in the bottom 51 countries in the world. About 96% of Indonesian women breastfeed but only 42% of babies aged 6 months are exclusively breastfed. In infants <2 years, only 55% of babies are still breastfed. The coverage of exclusive breastfeeding in Indonesia for babies aged <6 months in 2015 reached around 55.7%, this achievement increased in 2016, namely around 54.22% and in 2017 it decreased again, namely around 54.4%. The same thing is the coverage of exclusive breastfeeding in Grobogan District, which is still under WHO recommendations, which is around 11.1%.(5).

Based on data from the Health Profile, out of 147,436 babies aged <6 months, it was reported that only 51,392 babies received exclusive breastfeeding (34.86%), this achievement is still far from the target set in the 2018 North Sumatra Provincial Health Office Strategic Plan, which is 55%. The following will present the coverage of exclusive breastfeeding according to districts / cities in 2018. It is known that the three districts / cities with the highest coverage of exclusive breastfeeding are West Nias (81.30%), Sibolga (60.54%) and Samosir (54.62%). Meanwhile, the three lowest districts / cities were Nias Utara (1.17%), Nias (5.68%) and Tanjung Balai (9.68%). Referring to the Strategic Plan target of 55%, only 2 districts have achieved this target, namely West Nias and Sibolga(6).

Based on the results of a survey conducted in Pangurabaan Village, Sipirok District, South Tapanuli Regency, there is a target of exclusive breastfeeding from 60 babies in July, there are 18 babies who are given exclusive breastfeeding and the total exclusive breastfeeding in the last 1 year in 2020 is 18 babies and there are 42 babies. who are given formula milk to infants 0-6 months(7).

Many factors cause mothers to give formula milk to babies 0 - 6 months, including: knowledge, sources of information, support from husbands and support from health workers. Based on these data, researchers are interested in conducting research.

The research objective was to determine the factors associated with giving formula milk to infants 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

## 2. Research methods

In this study, the research design was an Analytical Survey with a Cross Sectional approach, namely researchers who tried to explore how and why this phenomenon occurred, because this study was to determine the factors associated with giving formula milk to infants 0-6 months in Pangurabaan Village, Sipirok District, Regency. South Tapanuli 2020 (16). The research location is the place where the research is carried out. This research was conducted in Pangurabaan Village, Sipirok District, South Tapanuli Regency. Research time refers to the period of research implementation. The time required for this research starts from February to August 2020. Population is a generalization area consisting of subjects / objects that have certain qualities and characteristics, which are determined by the researcher to be studied and then draw conclusions.(16).The population in this study were 60 mothers who gave formula milk to infants 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency, with 60 mothers who had babies 0-6 months from January-July 2020. the entire population. The sample of this study used a total population of 60 mothers who had babies 0-6 months from January to July 2020.

## 3. Research Results and Discussion

### 3.1 Univariate Analysis

#### a. Knowledge

**Table 1.**

Frequency Distribution Based on Mother's Knowledge about formula milk in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

No.	Knowledge	Amount (n = 60)	
		f	%
1	Good	5	8.3
2	Enough	30	50
3	Less	25	41.7
	<b>Total</b>	<b>60</b>	<b>100</b>

Based on Table 1., it is known that from 60 respondents, it is found that the knowledge of mothers about formula milk in Pangurabaan Village, Sipirok District, South Tapanuli Regency, the majority of them have sufficient knowledge as many as 30 respondents (50%) and a minority of well-informed mothers are 5 respondents (8.3%).

**b. Husband's Support****Table 2.**

Frequency Distribution Based on Husband's Support for the provision of formula milk in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

No.	Husband's Support	Amount (n = 60)	
		f	%
1	Good	20	33.3
2	Not good	40	66.7
	<b>Total</b>	<b>60</b>	<b>100</b>

Based on Table 2., it is known that from 60 respondents, it is found that the husband's support for formula milk in Pangurabaan Village, Sipirok District, South Tapanuli Regency, the majority of their husband's support is not good as many as 40 respondents (66.7%) and a minority whose husband's support is good as many as 20 respondents (33, 3%).

**c. Health Worker Support****Table 3.**

Frequency Distribution Based on the Support of Health Workers for the provision of formula milk in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

No.	Health Worker Support	amount	
		F	%
1	Good	21	35
2	Not good	39	65
	<b>Total</b>	<b>60</b>	<b>100</b>

Based on Table 3, it is known that from 60 respondents, the results show that the majority of health support for formula milk support is not good as many as 39 respondents (65%) and a minority of support from good health personnel are 21 respondents (35%).

**d. Feeding Formula Milk to Infants 0-6 Months**

It is known that from 60 respondents, the results showed that the majority of formula feeding was given to babies 0-6 months as many as 42 respondents (70%) and the minority who did not give formula milk to babies 0-6 months were 18 respondents (30%).

**3.2 Bivariate Analysis**

Bivariate analysis is a statistical test used to analyze the relationship between independent and dependent variables. In this bivariate study, the chi square statistical test was carried out to conclude that the relationship between the two variables was significant or insignificant, with  $\alpha = 0.05$ . The data were processed using the SPSS computer program.

**a. Knowledge Relationship with Giving Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020****Table 4.**

Cross Knowledge Tabulation by Giving Formula Milk to Infants 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

No.	Knowledge	Formula Milk Feeding				Total		Sig-p
		Give		Not Delivering		F	%	
		F	%	F	%			
1	Good	1	1.7	4	6,7	5	8.3	0.001
2	Enough	18	30	12	20	30	50	
3	Less	23	38.3	2	3,3	25	41.7	
	<b>Total</b>	<b>42</b>	<b>70</b>	<b>18</b>	<b>30</b>	<b>60</b>	<b>100</b>	

Based on Table 4, it is known from 60 respondents about the Relationship between Knowledge and Feeding Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, Tapanuli Selatan Regency, the majority of knowledge is sufficient as many as 30 respondents (50%), namely those who are knowledgeable enough and provide as much formula milk 18 respondents (30%) and those who did not provide formula milk were 12 respondents (20%) and 5 respondents (8.3%) had good knowledge, namely 1 respondent (1.7%) who had good knowledge and gave formula milk. 4 respondents (6.7%) did not provide formula milk.

Based on the results of the chi-square test with a probability value of  $\alpha = 0.05$ , from the results of the study it is known that the p-value is 0.001 <from the  $\alpha$  value of 0.05, which can be concluded that there is a significant relationship between Knowledge and Formula Feeding in Infants 0-6. bulandi Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

**b. Relationship between Husband's Support and Providing Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020**

It is known from 60 respondents about the relationship between husband support and formula milk giving to infants 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency, the majority of their husband's support is not good, as many as 40 respondents (66.7%), namely those whose husbands support is not good and gives formula milk as many as 38 respondents (63.3%) and those who did not provide formula milk were 2 respondents (3.3%), the minority support from good husbands was 20 respondents (33.3%), namely those whose husbands support was good and gave formula milk as much 4 respondents (6.7%) and those who did not provide formula milk were 16 respondents (26.7%).

Based on the results of the chi-square test with a probability value of  $\alpha = 0.05$ , from the results of the study it is known that the p-value is 0.000 <from the  $\alpha$  value of 0.05, which can be concluded that there is a significant relationship between Husband's Support and Formula Milk Feeding in Infants 0- 6 bulandi Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

**c. Relationship between Health Worker Support and Formula Milk Feeding for Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020**

**Table 5.**

Cross Tabulation of Health Worker Support by Giving Formula Milk to Infants 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

No.	Health Worker Support	Formula Milk Feeding				Total		Sig-p
		Give		Not Delivering		F	%	
		F	%	F	%	F	%	
1	Good	4	6,7	17	28.3	21	35.0	0,000
2	Not good	38	63.3	1	1.7	39	65.0	
	<b>Total</b>	<b>42</b>	<b>70</b>	<b>18</b>	<b>30</b>	<b>60</b>	<b>100</b>	

Based on Table 5, it is known that from 60 respondents, the relationship between husband support and formula milk feeding for babies 0-6 months in Pangurabaan Village, Sipirok District, South Tapanuli Regency, the majority of support from health workers is not good, as many as 39 respondents (65%), namely those whose health personnel support is not good and giving formula milk by 38 respondents (63.3%) and 1 respondent (1.7%) who did not provide formula milk, 21 respondents (35%) had good health support, namely those with good health support and giving milk. Formulas were 4 respondents (6.7%) and those who did not provide formula milk were 17 respondents (28.3%).

Based on the results of the chi-square test with a probability value of  $\alpha = 0.05$ , from the results of the study it is known that the p-value is 0.000 <from the  $\alpha$  value of 0.05, which can be concluded that there is a significant relationship between the support of health workers and the provision of formula milk to infants. -6 bulandi in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

### 3.3 Discussion

#### a. Knowledge Relationship with Giving Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

Based on the results of the chi-square test with a probability value of  $\alpha = 0.05$ , from the results of the study it is known that the p-value is 0.001 < from the  $\alpha$  value of 0.05, which can be concluded that there is a significant relationship between Knowledge and Formula Feeding in Infants 0-6 bulandi Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

Knowledge is the result of "knowing" and this occurs after people sensing a certain object. Sensing occurs through the five human senses, namely sight, hearing, smell, taste and touch by itself. At the time of sensing to produce knowledge, it is strongly influenced by the intensity of perceptual attention to the object. Most of human knowledge is obtained through the eyes and ears(15).

This is in line with research conducted by Ike (2017) entitled "Factors Associated with Formula Feeding in Infants aged 0-6 months at BPS Zubaidah Syah Kota Bandar Lampung in 2017". The sampling technique in this study used accidental sampling. The data analysis used by the researcher is by using chi square. Based on the results of statistical tests, obtained p-value 0.046, 0.029 and 0.011 or p-value <0.05, which means that there is a relationship between the factors associated with giving formula milk to infants aged 0-6 months. ST Kota Bandar Lampung in 2017. It is hoped that health workers can improve health services by providing health education to pregnant women about the importance of giving formula milk to babies(9). The results of research conducted by Rika with the title Factors Associated with Feeding Formula Milk to Infants aged 0-6 months in 2019. Based on the results of statistical tests, there is a relationship between occupational factors and formula feeding (p-value 0.016) OR value of 2.485, there is a relationship between educational factors and formula feeding (pvalue 0.004) OR 2.886, there is a relationship between knowledge factors and formula feeding (pvalue 0.000) OR 0.089(17).

According to the assumptions of researchers, the lack of knowledge is due to a lack of curiosity about giving formula milk to infants 0-6 months and not knowing the effects that occur if formula milk is given too early. There are also those who have good knowledge, this will give formula milk on time, that is, over the age of 6 months. Someone who has knowledge about something, that person will apply this knowledge in his daily life, as well as the problem of formula feeding, parents / mothers with good knowledge of formula feeding problems will give formula milk on time. Likewise, mothers who have less knowledge will give formula milk under the age of 6 months.

#### b. Relationship between Husband's Support and Providing Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020

Based on the results of the chi-square test with a probability value of  $\alpha = 0.05$ , from the results of the study it is known that the p-value is 0.000 < from the  $\alpha$  value of 0.05, which can be concluded that there is a significant relationship between Husband's Support and Formula Milk Feeding in Infants 0- 6 bulandi Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

Husband's support is verbal and non-verbal communication, advice, real help or behavior given by the husband to those who have babies 0-6 months in their social environment. Husband's support is a form of attention and affection. Support can be provided both physical and psychological. Husbands have a significant share in determining the health status of the mother. A good husband's support can provide good motivation for mothers who have babies 0-6 months.

Support, according to Sarwono, is an effort given by others both morally and materially to motivate someone to carry out their activities. According to Santoso, support is an effort to support or an effort to bring something. Support for mothers to provide exclusive breastfeeding is obtained from the people closest to the mother such as husbands. According to Sudiarto, husband's support has a relationship with the success of mothers in providing exclusive breastfeeding. Mothers do not get support from the people closest to the mother to continue to provide exclusive breastfeeding so that babies are introduced to formula milk from an early age.

This is in line with research conducted by Yosi (2017) entitled "Factors related to Formula Milk Feeding in Infants aged 0-6 months in 2017, the analysis used was univariate and bivariate using chi-square. The results showed that the value of P value = 0.000 for education, P value = 0.000 for work and Pvalue = 0.000 for information. From these results it can be concluded that there is a relationship between education, employment and information with formula feeding to infants aged 0-6 months. It is hoped that the Puskesmas will increase health promotion, counseling and counseling in order to increase maternal knowledge about the importance of exclusive breastfeeding(10).

Research conducted by Anita with the title Factors affecting the use of formula milk as a substitute for exclusive breastfeeding in 2017. The sampling technique used was total sampling. The analytical test used was univariate analysis and bivariate analysis using Chi Square. The results showed that there was a relationship between knowledge and work with the use of formula milk as a substitute for exclusive breastfeeding (p value 0.031 and 0.015). Meanwhile, education and the role of health workers have no relationship with the use of formula milk as a substitute for exclusive breastfeeding in Penggaron Kidul-Semarang Village (p value 0.303 and 0.846). Suggestions for the community are expected to continue to provide exclusive breastfeeding to their children even though they are left behind to work(18).

According to the researcher's assumption, husband's support is support to motivate mothers not to give formula milk to babies aged 0-6 months and to provide psychological support to mothers. Mothers who get informational support from their husbands in the form of information about the right time to give formula milk, namely over the age of 6 months, instrumental support that is obtained from the husbands, namely helping to cook nutritious dishes so that the milk comes out so that the mother is motivated to breastfeed or not give formula milk .

**c. Relationship between Health Worker Support and Formula Milk Feeding for Infants 0-6 Months in Pangurabaan Village, Sapirok District, South Tapanuli Regency in 2020**

Based on the results of the chi-square test with a probability value of  $\alpha = 0.05$ , from the results of the study it is known that the p-value is 0.000 <from the  $\alpha$  value of 0.05, which can be concluded that there is a significant relationship between the support of health workers and the provision of formula milk to infants. -6 bulandi in Pangurabaan Village, Sapirok District, South Tapanuli Regency in 2020.

Support from health workers is physical and psychological comfort, attention, appreciation, and other forms of assistance received by individuals from health workers. Health worker support can be in the form of emotional support, appreciation, instrumentals, and information. Support is an individual behavior that is expected in accordance with the position he has. Role is a pattern of behavior, beliefs, values, and attitudes which are expected to describe the behavior that should be shown by individuals who hold these roles in situations that generally occur (Sarwono, 2012). Meanwhile, health workers according to the Law of the Republic of Indonesia on Health No. 36 of 2014 is any person who is devoted to the health sector and has knowledge and skills through education in the health sector for certain types that require authority in carrying out health efforts. So that the role of health workers is the behavior or attitude of a health worker in providing information, education and appropriate actions for patients.

This is in line with research conducted by Armoni (2018) with the title "The Relationship between the Role of Health Officers and the Promotion of Formula Milk on Exclusive Breastfeeding for Breastfeeding Mothers in the Work Area of the Harapan Raya Community Health Center, Pekanbaru City in 2018, based on the results of research that mothers who have babies in The work area of the Harapan Raya Pekanbaru Puskesmas minority provides exclusive breastfeeding for 47 (49%) and gets the role of health workers by 35 (36.5%) and does not get the promotion of formula milk by 36 (37.5%) so it can be concluded that there is no relationship between the role of health workers in exclusive breastfeeding (P Value 0.563) and there was a relationship between the promotion of formula milk and exclusive breastfeeding (P value 0.040).It is hoped that health workers will further increase the provision of information about exclusive breastfeeding and its benefits by providing counseling or other approaches(8).

The results of research conducted by Rafika with the title Factor Analysis Associated with Giving Formula Milk to Infants 0-6 Months 2017. The population of the study were all mothers who had babies 0-6 months totaling 1135 people. A sample of 92 people was taken by accidental sampling. Data analysis used the chi-square test ( $\alpha < 0.05$ ). The results of the chi-square statistical test showed knowledge, occupation and sources of information with formula feeding and there was no relationship between education and formula feeding. It is hoped that health workers will increase public knowledge by providing counseling or direction to the community about the effect of formula feeding in infants aged 0-6 months.(19).

According to the researchers' assumptions, support from health workers is needed in giving formula milk to babies. One of the efforts made by health workers to overcome this is by providing counseling to mothers who have babies 0-6 months so as not to give formula milk too early.

#### 4. Conclusion

The conclusion of this study shows that there is Knowledge Relationship, Husband Support and Health Worker Support with Giving Formula Milk to Infants 0-6 Months in Pangurabaan Village, Sipirok District, South Tapanuli Regency in 2020.

#### Thank-you note

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