

Relationship between Knowledge and Mother's Attitudes about Using the Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers at Uptd Puskesmas Kotanopan in 2022

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ABSTRACT

Lactational Amenorrhoea Method (LAM) or Lactational Amenorrhoea Method (LAM) is a temporary contraceptive method that relies exclusively on breastfeeding. Judging from the number of children who are still alive who have children 3-4 people, the percentage of modern family planning methods / methods of female sterilization (8.0 percent), this study aims to determine the relationship between knowledge and mother's attitude regarding the use of lactational amenorrhoea method as a contraceptive in breastfeeding mothers. In UPTD Puskesmas Kotanopan in 2022. This type of research is correlational descriptive. The design of this study used a cross sectional. The research location is in the UPTD of the Kotanopan Public Health Center. The number of samples as many as 40 respondents with a sampling technique using purposive sampling. The research instrument used a questionnaire about mother's knowledge. Data analysis technique using univariate analysis and bivariate analysis (Chi Square). The results of the research on 40 respondents of UPTD Puskesmas Kotanopan obtained 28 respondents (73.1%) had good knowledge, 10 respondents (19.2%) had sufficient knowledge, while 2 respondents had poor knowledge (7.7%). The conclusion of the study is that there is a relationship between knowledge and mother's attitude regarding the use of lactational amenorrhoea method as a contraceptive in breastfeeding mothers at the UPTD at the Kotanopan Public Health Center in 2022. It is hoped that the institution will cooperate with health workers to provide counseling and information about the use of the lactational amenorrhoea method as a contraceptive.

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INTRODUCTION

The increase in population in Indonesia from 2010 to 2014 was relatively fast. The highest population in Indonesia is in West Java Province with a population of 46,300,543 people, while the lowest population is in West Papua Province with a population of 877,437 people. North Sumatra is in the fourth position with the highest population, namely 13,527,937 people in 2014 (Ministry of Health RI, 2015).

One of the efforts to reduce the population is through efforts to reduce fertility rates, the main instrument of which is the Family Planning Program (KB). Contraception is a method used to regulate the spacing of pregnancies. Most WUS are currently using contraception, which is as much as 59.7%. Among them, 59.3% of women of childbearing age used modern contraception, and only 0.4% used traditional contraception (Ministry of Health RI, 2015).

The Lactational Amenorrhea Method (MAL) or the Lactational Amenorrhea Method (LAM) is a temporary contraceptive method that relies on exclusive breastfeeding, meaning that it is only given breast milk without additional food and other drinks. The Lactational Amenorrhea Method (MAL) or the Lactational Amenorrhea Method (LAM) can be said to be a natural family planning method (KBA), if it is not combined with other contraceptive methods (Proverawati, 2014).

Recently, women in Indonesia, especially young mothers, have been aggressively promoting exclusive breastfeeding. However, the facts show that exclusive breastfeeding is still not optimal. Mother's lack of knowledge about the importance of exclusive breastfeeding can also be influenced by the promotion of supplementary food products and formula milk. This makes mothers think that the breast milk they give is still not sufficient to meet the nutritional needs of their babies.

Recently, an analysis showed that breastfeeding for 6 months could save 1.3 million lives worldwide, including 22% of the lives lost after birth. Meanwhile, according to UNICEF, exclusive breastfeeding can reduce infant mortality in Indonesia. UNICEF states that 30,000 infant deaths in Indonesia and 10 million under-five deaths in the world each year can be prevented through exclusive breastfeeding for the first six months from birth without providing additional food and drinks to infants (Prasetyono, 2013).

The achievement of exclusive breastfeeding in Southeast Asia shows a number that is not much different. As a comparison, coverage of exclusive breastfeeding in India has reached 46%, in the Philippines 34%, in Vietnam 27% and in Myanmar 24% (Ministry of Health RI, 2014). Meanwhile, the achievement of exclusive breastfeeding in Indonesia has not reached the expected figure of 80%. Reports from the Provincial Health Office in 2013, the coverage of breastfeeding 0-6 months was only 54.3% (Pusdatin, 2015). Data from the Indonesian Ministry of Health in 2014 stated that the percentage of breastfeeding patterns in infants aged 0 months was 39.8%, and the percentage decreased as the age group of the baby increased. In infants aged 5 months, the percentage of exclusive breastfeeding is only 15.3% (Ministry of Health RI, 2014).

Data from the 2016 Health Profile stated that the percentage of babies who were exclusively breastfed from 2012-2014 tended to decrease significantly. Although the coverage in 2015 has increased compared to 2014, it is still far below the achievement in 2012, so it has not been able to reach the national target of 40%. Regencies/cities with attainment of babies with exclusive breastfeeding \geq 40% include Deli Serdang (41.4%), Langkat (42.7%), Simalungun (43.6%), Padang Sidempuan (43.9%), Samosir (45.9%), Pematang Siantar (46%), North Nias (49.1%) and South Nias (49.9%). There are 5 Regencies/Cities with $<$ 10% achievement of babies with exclusive breastfeeding, namely Nias (7.7%), Medan (7.6%), Humbang Hasundutan (7.3%), Tanjungbalai (4.3%) and West Nias (2%) (SUMUT Health Office, 2013). This condition is certainly concerning, while exclusive breastfeeding is one of the natural contraception or family planning techniques. The results of the study explained that mothers who give exclusive breastfeeding and have not experienced menstruation usually will not get pregnant for 6 months after giving birth.

Judging from the number of children who are still alive, those who have children 3-4 people, the percentage of modern family planning methods is Female Sterilization (8.0 percent), Male Sterilization (0.3 percent), Pills (14.9 percent) and IUDs (4.9 percent) reached the highest figure in 3-4 children still alive. While those who have 1-2 children, the percentage with injectable family planning (37.5 percent), condoms (2.1 percent) and MAL (0.1 percent) (BKKBN, 2019).

Research result Kasmiadriani in Makassar (2018) shows that out of 113 respondents who have good knowledge (6.2%), sufficient knowledge (9.7%) and insufficient knowledge (84.1%). Of all the respondents with a positive attitude and using MAL contraception, only 19 respondents (16.8%) and the remaining 82.3% did not use MAL contraception (Kasmiadriani, 2018). The results of Aryanti's research in East Lombok (2017) illustrate that most family planning users in early married women who have good knowledge (66.7%), obtained information from family planning field officers (71.4%), and received support from husbands (100%). However, from the final statistical results, only the husband's support variable had a statistically significant relationship to contraceptive use ($p < 0.05$), which means that husband's support contributed to lowering TFR through increased use of family planning among women who married at an early age (Aryanti, 2017).

From the results of research by Garcia and Mella in Chile (2017) the factors that influence the lactation amenorrhoea method are patterns of breastfeeding, frequency of breastfeeding, and demographic factors (knowledge, education, work) and income. Several obstacles related to the low implementation of exclusive breastfeeding and the low number of mothers who use MAL as a contraceptive during breastfeeding include the lack of mother's confidence that breast milk is sufficient for her baby, the mother returning to work after maternity leave which causes the use of bottle milk or formula milk early so that shifts position breast milk. In addition, the incessant promotion of formula milk, both through health workers and through the mass media also has an effect (Kaifa, 2014).

Based on a survey conducted by researchers at the UPTD Puskesmas Kotanopan in July 2022, out of 11 mothers who gave breast milk to their babies who were less than 6 months old, there were 4 respondents who experienced lactational amenorrhoea, while 7 others were already menstruating. Of the 11 mothers, only 3 people knew that as long as the mother gave exclusive breastfeeding to her baby, the mother could not get pregnant and exclusive breastfeeding was a natural family planning method or the lactational amenorrhoea method. Of the 11 mothers, there were 8 respondents who did not use family planning because they were afraid of getting fat while the other 3 respondents had used injectable family planning.

Based on observations in the field, several aspects that are the factors causing the low use of the lactation amenorrhoea method as contraception are a lack of knowledge and attitudes about the lactational amenorrhoea method as a natural family planning method, the lack of support from health workers regarding the importance of exclusive breastfeeding which can be used as natural contraception, and the use other contraceptives. The background above shows that it is necessary to conduct research to determine the relationship between knowledge and maternal attitudes regarding the use of the lactational amenorrhoea method as a contraceptive for breastfeeding mothers at the UPTD Puskesmas Kotanopan in 2022.

RESEARCH METHOD

Types of research

This type of research is descriptive correlational, which is a study that tries to explore how and why health phenomena occur and the research design, namely cross sectional, is a study to study the dynamics of the correlation between risk factors and effects, by approach, observation or data collection at the same time at a time. time (point time approach). That is, each research subject is

only observed once and measurements are made on the status of the character or subject variable at the time of examination (Notoatmodjo, 2014).

Research design

The design of this study uses a cross sectional design. According to Notoatmodjo (2014) cross sectional is a study to study the dynamics of the correlation between risk factors and effects, by way of approach, observation or data collection at one time (point time approach). The type and design of this study is a quantitative approach with descriptive correlation which aims to describe the relationship between two variables and the extent of the relationship between the two variables, namely the relationship between knowledge and attitudes of mothers about the use of the lactation amenorrhoea method as a contraceptive for breastfeeding mothers at the UPTD Puskesmas Kotanopan in 2022.

Research Location and Time

a. Location

The place of this research was carried out at the UPTD Puskesmas Kotanopan with the consideration that there were problems, and had a sufficient number of population and samples. No previous research has been done.

b. Research time

This research starts from the submission of the title, the initial survey, the preparation of the proposal, the distribution of the questionnaire and the results of this research will be carried out in September 2022.

Table 1. Research PoA (Plan Of Action)

No	Activity	June				July				August				September				October				
		1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	1	2	3	4	
1	Title Submission	■																				
2	field survey		■																			
3	preparation of proposals			■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■
4	proposal exam									■	■	■	■	■	■	■	■	■	■	■	■	■
5	improvement proposals																					
6	research preparation																					
7	research implementation																					
8	Results Tabulation																					
9	thesis examination																					
10	Script Improvements																					
11	Submission of results																					

Population and Sample

a. Population

The population is all research subjects (Arikunto, 2013). The population in this study were all breastfeeding mothers at the UPTD Kotanopan Health Center in 2022. A total of 40 people.

b. Sample

The sample is the object under study and is considered to represent the entire population (Notoatmodjo, 2014). The sample in this study were breastfeeding mothers at the UPTD Kotanopan Health Center. The sample in this study used a total sampling technique where the entire population was sampled, namely 40 people.

Data collection technique

Data collection is a process of approaching the subject and the process of collecting the characteristics of the subject required in a study (Nursalam, 2013).

Data collection began after receiving a research permit from the Haji University educational institution in North Sumatra, coming to the head of the UPTD Kotanopan Health Center to provide a research permit and requesting permission to conduct research. After receiving a reply letter for research permission, after obtaining permission, the researcher sought information in the form of how many mothers were breastfeeding in the village and distributed questionnaires to each respondent.

Provide a letter of consent to become a respondent to the research respondent and the respondent is willing to sign an informed consent letter to participate in this study, then the researcher explains the purpose, benefits, and process of filling out the questionnaire. Researchers collected all respondents with the help of village midwives and cadres at the UPTD Puskesmas Kotanopan. After the respondents finished answering all the questions, the questionnaires were collected again to check the completeness of the respondents' answers. Answers that have been completely filled in are immediately collected, while if there are incomplete answers, respondents are asked to fill in the answers that have not been filled in. Then the data that has been collected will be analyzed.

RESULTS AND DISCUSSIONS

Characteristics of Respondents

The research data used instruments obtained from the variable data on the relationship between knowledge and mother's attitude regarding the use of lactational amenorrhoea as a contraceptive method for breastfeeding mothers at the UPTD at the Kotanopan Public Health Center in 2022. This research was carried out by the UPTD at the Kotanopan Public Health Center. This research was carried out for 13 days, with a sample of 40 respondents at the UPTD at the Kotanopan Public Health Center. used a 10 item questionnaire for knowledge and attitudes.

Univariate Analysis

- a. Demographic data of UPTD Kotanopan Health Center respondents in 2022

Table 2. Characteristics of Respondents at UPTD Puskesmas Kotanopan in 2022

No	Demographic Data	Frequency	Percentage(%)
1	Age		
	<25 years old	10	25.0
	25-35 years old	28	70.0
	>35 years	2	5.0
	Amount	40	100
2	Education		
	JUNIOR HIGH SCHOOL	6	15.0
	SENIOR HIGH SCHOOL	32	80.0
	College	2	5.0
	Amount	40	100
3	Work		
	Doesn't work	7	17.5
	Working	33	82.5
	Amount	40	100
4	parity		
	Primigravida	29	72.5
	Multigravida	11	27.5
	Amount	40	100

Respondent characteristics based on demographic data based on age were the majority aged 25-35 years as many as 28 people (70.0%), based on education the majority were high school, namely 32 people (80.0%), based on work the majority worked as many

as 33 people (82.5 %). Judging from the parity of the majority of respondents were Primigravida mothers as many as 29 people (72.0%).

- b. Univariate Analysis of Mother's Knowledge About the Use of Lactational Amenorrhoea Method as Contraception in Breastfeeding Mothers
knowing the level of knowledge of respondents can be seen in Table 3

Table1 3. Frequency Distribution of Mother's Knowledge About Use of the Lactation Amenorrhoea Method as Contraception in Breastfeeding Mothers at UPTD Puskesmas Kotanopan in 2022

No	Knowledge	Amount	Percentage
1	Well	24	60%
2	Not enough	16	40%
Total		40	100%

In Table 3. it can be seen that the majority of respondents have knowledge in a good category as many as 24 people (60%).

- c. Univariate Analysis of Mother's Attitudes About Using the Lactational Amenorrhoea Method as Contraception in Breastfeeding Mothers
To find out the attitude level of the respondents can be seen in Table 4

Table1 4. Distribution of Respondents Based on Mother's Attitudes About Using the Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers at the UPTD Puskesmas Kotanopan in 2022

No	Attitude	Amount	Percentage
1	Positive	25	62.5%
2	Negative	15	37.5%
Total		40	100%

In Table 4, it can be seen that the majority of respondents have an attitude about the use of the Lactation Amenorrhoea Method as a Contraception for Breastfeeding Mothers with a good attitude category of 25 people (62.5%).

The Relationship between Mother's Knowledge and Attitudes About the Use of the Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers at the UPTD Kotanopan Health Center in 2022

The results of the research on knowing the relationship between knowledge and mother's attitude about the use of lactational amenorrhoea as a contraceptive method for breastfeeding mothers at the UPTD at the Kotanopan Public Health Center in 2022. The results of data processing on the knowledge variable were associated with the attitudes of young women about genital hygiene during menstruation, which can be seen in the following table:

Table1 5. Relationship between Mother's Knowledge and Attitudes About Using the Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers at UPTD Puskesmas Kotanopan in 2022

No	Knowledge	Attitude				X2	P		
		Positive		Negative				Total	
		N	%	N	%			N	%
1	Well	12	50	12	50	24	100	4,000	0.010
2	Not enough	13	81.3	3	18,8	16	100		
Total		25	62.5	15	37.5	40	100		

Based on table 5, the majority of mothers' knowledge about the use of lactational amenorrhoea method as contraception for breastfeeding mothers at the UPTD at the Kotanopan Public Health

Center and positive attitudes are 13 people (83.3%), minority knowledge is lacking, and negative attitudes are 3 people (18.8%). Statistical test results obtained P value = 0.010 (Pt < 0.05), then Ho is rejected and Ha is accepted so that it can be concluded that there is a relationship between knowledge and mother's attitude about the use of lactational amenorrhoea method as a contraceptive in breastfeeding mothers at the UPTD at the Kotanopan Public Health Center in 2022. The results of the analysis Pearson's C-square value $\chi^2 = 4,000$ means that there is a strong relationship between knowledge and mother's attitude regarding the use of lactational amenorrhoea as a contraceptive method for breastfeeding mothers, which is 4 times where it can be concluded that the better the knowledge, the better the attitude.

Discussion

a. Knowledge of Mothers About Using the Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers at the UPTD Kotanopan Health Center in 2022

The results of the study showed that the majority of respondents had good knowledge. This can be seen from the results of the study showing that the majority of respondents have knowledge in the good category as many as 24 people (60%). The results of this study are in line with the research of Kasmiandriani (2014) which shows that of 113 respondents who have good knowledge (62%), sufficient knowledge (9.7%) and less knowledge (28.1%). Of the total respondents with a positive attitude and applying the Lactational Amenorrhea Method of contraception (MAL) only 19 respondents (16.8%) and the rest (83.2%) did not apply the Lactational Amenorrhea Method of contraception (MAL).

This is also in line with research conducted by Afifi (2016) which stated that from 1934 respondents, almost 28% of breastfeeding mothers with babies under 6 months gave exclusive breastfeeding, regardless of their amenorrhea status. Of the respondents, almost 86.4% had amenorrhea. six months later, only 3 cases were still reported to give exclusive breastfeeding to their babies, from one case (33.35%) had amenorrhoea. Those who reported not exclusively breastfeeding showed a downward trend in amenorrhea status.

Bloom (2014) knowledge is the result of 'knowing', and this occurs after people sense a particular object. Sensing occurs through the five human senses, namely: the senses of sight, hearing, smell, taste and touch. Most of human knowledge is obtained through the eyes and ears. According to Lawrence Green's theory quoted in Notoatmodjo, (2015), what underlies the behavior of breastfeeding mothers in carrying out MAL (Lactational Amenorrhea Method) as a contraceptive, namely predisposing factors, which are manifested in knowledge, attitudes, beliefs, values, and so on, enabling factors, which are manifested in the physical environment, the availability or unavailability of health facilities or facilities, and reinforcing factors that are manifested in the attitudes and behavior of health workers or health workers. another, which is a reference group of people's behavior.

b. Attitudes of Mothers Regarding the Use of the Lactational Amenorrhoea Method as Contraception in Breastfeeding Mothers UPTD Kotanopan Health Center in 2022

The results of the study showed that the majority of respondents had good knowledge. This can be seen from the results of the study that the majority of respondents have an attitude about the use of the lactational amenorrhoea method as a contraceptive in breastfeeding mothers with a good attitude category as many as 25 people (62.5%).

According to Mualana (2016), attitude is a tendency to respond positively or negatively to a person, situation or certain object. A person's attitude can change by obtaining additional information about a particular object, through persuasion and pressure from his social group. One of the factors that influence attitude is personal experience and the influence of other people who are considered important (Azwar, S., 2011).

This is in accordance with that attitude is a level of affection, both positive and negative in relation to psychological objects, such as symbols, phrases, slogans, people, institutions, ideals and ideas. Meanwhile, Kendler argues that attitude is a tendency to approach (approach), or avoid

(avoid), or to do something, either positively or negatively towards an institution, event, idea or concept. This opinion is in line with Sarwono's opinion, which states that attitude is a person's readiness to act on certain things.

c. Relationship between Knowledge and Mother's Attitude regarding the Use of Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers UPTD Kotanopan Public Health Center in 2022

Based on the results of the study, it can be seen that the majority of mothers' knowledge about the use of the lactational amenorrhoea method as contraception for breastfeeding mothers at the UPTD Puskesmas Kotanopan had good knowledge and positive attitudes, namely 13 people (83.3%), minority knowledge was lacking, and negative attitudes were 3 people (18,8%). Statistical test results obtained P value = 0.010 (Pt < 0.05), then Ho is rejected and Ha is accepted so that it can be concluded that there is a relationship between knowledge and mother's attitude about the use of the lactational amenorrhoea method as a contraceptive in breastfeeding mothers at the UPTD Puskesmas Kotanopan in 2022. The results of the analysis obtained the Pearson C-square $\chi^2 = 4$,

This illustrates that the higher the level of knowledge of the respondents, the greater the percentage of respondents who have a positive attitude about the use of the Lactation Amenorrhoea Method as a Contraception in Breastfeeding Mothers. The results of this study are in accordance with the opinion of Notoatmodjo (2011) which states that new behavior, especially in adults, starts in the cognitive domain, in the sense that the subject knows in advance about the stimulus in the form of material objects outside of it, causing an inner response in the form of an attitude. Finally, the stimulus, namely the object that is known and fully realized, will cause a further response, namely in the form of action on the stimulus or object. Knowledge is the first step for a person to determine his attitude and behavior.

From the results of Garcia and Mella's research in Chile (2017), the factors that influence the lactational amenorrhoea method are the pattern of breastfeeding, the frequency of breastfeeding, and demographic factors (knowledge, education, occupation) and income. Several obstacles related to the low implementation of exclusive breastfeeding and the low number of mothers who use MAL as a contraceptive during breastfeeding include the lack of mother's confidence that breast milk is sufficient for her baby, the mother returning to work after maternity leave which causes the use of bottle milk or formula milk early so that shifts position breast milk. In addition, the incessant promotion of formula milk, both through health workers and through the mass media also has an effect (Kaifa, 2014).

CONCLUSION

After doing research with the title Relationship of Mother's Knowledge and Attitudes About Use of Lactational Amenorrhoea Method as Contraception for Breastfeeding Mothers at UPTD Puskesmas Kotanopan in 2022, it can be concluded as follows: Knowledge of the majority of respondents has good knowledge. The attitude of the majority of respondents have a positive attitude about the use of lactational amenorrhoea method as a contraceptive in breastfeeding mothers. The results of the statistical test obtained a p value = 0.010, so it can be concluded that there is a relationship between knowledge and mother's attitude regarding the use of the lactational amenorrhoea method as a contraceptive for breastfeeding mothers at the UPTD Puskesmas Kotanopan in 2022.

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