

The Influence of Health Education about the Benefits of Breast Milk on Mother's Motivation in Exclusively Breast Feeding Infants

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ABSTRACT

Exclusive breastfeeding is highly recommended for infants aged 0 to 6 months, because breast milk contains complete nutrition for infant growth and development. But currently the coverage of breastfeeding is still low because the motivation of mothers to give exclusive breastfeeding is also low which is suspected because of the lack of health education about the benefits of breastfeeding. The purpose of this study was to determine the effect of health education about the benefits of breastfeeding on mother's motivation in giving exclusive breastfeeding. This study is an analytical study using a one group pre and posttest design approach with a quasi-experimental design. The study was conducted in Klinik Pratama Hadijah. The study population was 30 people and all were sampled. Data analysis was done by univariate and bivariate using paired sample t-test at a confidence level of 95% ($\alpha = 0.05$). It is recommended to nurses to provide health education or education to every mother who visits the Klinik Pratama Hadijah. by using a language that is easily understood and understood by the mother so she is motivated to give exclusive breastfeeding to her baby.

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INTRODUCTION

Efforts to survive, developing and improving the quality of children play an important role from the early stages of life; the period in the womb, infants and toddlers. It is important for every parent to pay attention to the development of their child. The process of growth and development takes place simultaneously and continuously covering motor, language, cognitive, socialization, and independence aspects (Rochmah, 2014).

The Convention on the Rights of Children in 1990 emphasized that optimal children development is one of the rights of every child. Special program of United Nations, the United Nation International Child Emergency Fund (UNICEF) states that as many as 10 million deaths of children under five in the world and as many as 30,000 infant deaths in Indonesia and each year can be prevented through exclusive breastfeeding for six months from birth. without having to provide additional food and drink to the baby. Disorders of growth and development in children

under the age of five years (toddlers) are partly caused by mothers who are disobedient in giving breastfeeding exclusively to their babies (Sriningsih, 2015).

Many evidence of a decline in exclusive breastfeeding in developed countries has been found, including in the United States, at the beginning of the 20th century approximately 71% of babies who received breast milk reached the age of approximately 6 months, whereas in 1971 the numbers decreased to 25% for mothers with moderate socioeconomic status and 5% for mothers with good socioeconomic status. In Singapore in 1951, among mothers with moderate and good socioeconomic status, 48% of babies received breast milk, while those in low socio-economic groups 71%. In 1961, this figure had fallen to 8% and 42% respectively (Soetjningsih. 2014).

The average duration of breastfeeding without additional food, which is only about 4 months, indicates that there are still toddlers who do not get exclusive breastfeeding. Exclusive breastfeeding in Indonesia is still quite low. Toddlers aged 2-4 years who have a history of exclusive breastfeeding for 6 months are only 40.25% where toddlers aged 2-4 years are 39.45%, slightly lower than toddlers aged 2-4 years who are girls who receive Exclusive breastfeeding. Meanwhile, as many as 40.94% of toddlers aged 2-4 years in urban areas received exclusive breastfeeding, slightly more than 39.58% in rural areas (Ministry of PP and PA, 2016).

Based on district/city health profile reports in North Sumatra Province in 2016, out of 277,448 live births, 2,145 babies died before the age of 1 year. Based on these figures, it is calculated that the infant mortality rate in North Sumatra Province is 7.73 per 1,000 live births. Based on data on exclusive breastfeeding in North Sumatra Province, the coverage rate for exclusive breastfeeding in North Sumatra Province is 39.7% (North Sumatra Provincial Health Office, 2016).

Health education is a number of experiences that have a beneficial influence on habits, attitudes and knowledge related to the health of individuals, communities and nations. Health education activities are carried out by spreading messages, instilling confidence, so that health education participants are not only aware, know and understand, but are also willing and able to carry out recommendations related to health (Mubarak, 2016). Low understanding or knowledge about the benefits of exclusive breastfeeding will lead to low motivation for women to provide exclusive breastfeeding to their babies until the age of 6 months (Roesli, 2015).

RESEARCH METHOD

This is analytical research using a one group pre and post-test design approach with a quasi-experimental research design. The purpose of this study was to find out the motivation of mothers to give exclusive breastfeeding to babies to do pap smears before and after being given health education about the benefits of breastfeeding in maternity clinic called Klinik Pratama Hadijah

The population in this study were all mothers who gave birth who were treated in Klinik Pratama Hadijah with an average number of 30 people per month. This research was conducted from November 2022 to May 2022. The population in this study were all mothers who gave birth who were treated in Klinik Pratama Hadijah. The measurement method of the research variable is as the following:

Motivation

To determine the success of health education conducted by researchers by measuring the motivation of mothers in giving exclusive breastfeeding to infants before and after being given counseling with high and low categories, weights were first made for each question in the questionnaire. The number of questions asked is 10 statements with the answers 'yes' and 'no'. The answer 'yes' is given a score of 2, and the answer 'no' is given a score of 1, so that the results of the respondents' answers can be categorized using the length of the interval as follows:

Interval = $\frac{\text{The highest score} - \text{the lowest score}}{\text{categories}}$

$$= \frac{20-10}{2} = 5$$

Based on the above calculation, the length of the interval of mother's motivation is as follows:

- a. High : if the score 16-20
- b. Low : if the score 10-15

The variables of this study consist of independent variables and dependent variables. The independent variable is health education about the benefits of breastfeeding, while the dependent variable is the mother's motivation in giving exclusive breastfeeding to her infants.

RESULTS AND DISCUSSIONS

Table 1. Frequency Distribution of Respondents Characteristics in Klinik Pratama Hadijah

No	Characteristics	Total	Percentage(%)
A Aged			
1	< 20 years	1	3,3
2	20-35 years	26	86,7
3	>35 years	3	10,0
Total		30	100,0
B Education			
1	Primary School	12	40,0
2	High School	16	53,3
3	College	2	6,7
Total		30	100,0
C Occupation			
1	Housewives	21	70,0
2	Farmer	3	10,0
3	Traders	4	13,3
4	Government Officer	2	6,7
Total		30	100,0

Table 1 showed that mostly 26 respondents (86,7%) aged 20-35 years and only 1 respondents (3,#%) aged <20 years. Based on the education, it showed that mostly 16 respondents (53,3%) graduated from high school, only 2 respondents (6,7%) graduated from college. Based on the occupation, mostly 21 respondents (70%) did not work (housewives) (70,0%), only a few of them worked as government officer/private officer, it was about 2 respondents (6,7%).

Table 2 Frequency Distribution of Mothers' Motivation in Breastfeeding Exclusively to their infants in Klinik Pratama Hadijah

No	Motivation (Pretest)	Total	(%)
1	High	5	16,7
2	Low	25	83,3
Total		30	100,0

Table 2 assumed that before being given health education mostly about 25 respondents (83,3%) had low motivation and only 5 respondents (16,7%) had high motivation.

Table 3. Frequency Distribution of Mothers' Motivation in breastfeeding exclusively to their infants after being given Health Education (Posttest)

Motivation (Posttest)	Total	(%)
High	22	73,3
Low	8	26,7
Total	30	100,0

From table 4.3, it was discovered that after being given health education, mostly 22 respondents (73,3%) had high motivation and 8 respondents (26,7%) had low motivation.

Table 4 The result of Paired Sample T Test of the Influence of Health Education about the benefit of Breast Milk gainst Mothers' Motivation in breastfeeding exclusively to their infant in Klinik Pratama Hadijah

The Influence of Health Education	Mean	Deviation Standard	95%CI		t-test	p-value
			Lower	Upper		
Before	13,23	1,851	-5,237	-3,696	-11,857	0,000
After	17,70	2,003				

The table above showed that the value of t-test (-11,857) < t-tabel (2,045) and the significant value (0,000 < 0,05) so there was a significant influence against mothers' motivation in breastfeeding exclusively to their infant before being given health education (*pretest*) and after being given health education (*posttest*). The negative value in the result of t-test meant that the average score before being given health education was lower than after being given health education.

Discussion

Based on the findings of the study, it was shown that the motivation of mothers in giving exclusive breastfeeding to infants before being given health education at the Klinik Hadijah Pratama, mostly 25 respondents (83,3%) had low motivation, and 5 respondents (16,7%) had high motivation. This study is slightly different from Novita's research (2013) in Kaliwuluh Kebakkramat Karanganyar Village, which showed that pretest results in the treatment group were in the sufficient category about 7 respondents (50%), while the highest number of respondents in the control group was in the less category about 83.3%.

Motivation is an effort that is realized by someone to influence behavior so that the individual is moved to act to do something to achieve the result or goal. Motivation is a force that can encourage someone to do something, meaning that motivation is a driving force that converts energy in a person into the form of real activity to achieve certain goals, including in this study is the mother's activity in preventing cervical cancer (Bahri, 2012).

Based on the results of the study, it was shown that the motivation of mothers in giving exclusive breastfeeding to infant after being given health education in the Perinatology Room of the Sidikalang Hospital, most of the respondents' motivation was high, about 22 people (73.3%), a small percentage of low respondents' motivation was about 8 people (26.7%). This was in accordance with research conducted by Arianti (2015) on 55 respondents concluded that there was an effect of health education on motivation (60%). The mean level of motivation in the experimental group was higher than in the control group. This was due to the different methods used in conveying information. Respondents who initially had low motivation and after being given counseling had high motivation. This showed that a person's motivation can change after the person gets information so that they know and understand the benefits of exclusive breastfeeding. The results of this study also showed that there were still 8 respondents who had low motivation in breastfeeding, this was due to mothers who still intended to give formula milk to their babies.

Based on the results of the study by testing the motivation of respondents before and after being given health education using the t-test, it shows that there is a significant influence (difference) on the motivation of mothers in giving exclusive breastfeeding to babies before being given health education (*pretest*) with motivation after being given health education (*posttest*), $p = 0.000 < 0.05$.

An increase in knowledge obtained from health education materials about the benefits of exclusive breastfeeding could increase mother's motivation. As explained by Soemanto (2015), one

of the motivations was based on knowledge. This knowledge would later become the basis for motivation and behavior, as revealed by Notoatmodjo (2016) which stated that knowledge or cognitive was a very important domain for the formation of one's actions.

From the results of this study, the researcher figured out that after being given health education to mothers at the Klinik Pratama Hadijah, almost all of the mothers about 73.3% of the respondents had a high motivation to provide exclusive breastfeeding to their infant aged 0-6 months. The changing of mothers' motivation is understandable, considering that mothers had received health education which was an activity to provide appropriate health information. The post-test data collection was carried out immediately after the health education activities were completed, so that the mother could still correctly remember the material presented during the educational activity which was applied in filling out the questionnaire and the mother's perspective had changed for the better and understood that exclusive breastfeeding for babies would be beneficial. improve maternal health.

CONCLUSION

Mothers' motivation in giving breastfeeding exclusively to infants before being given health education (pretest) was mostly low (83.3%), a small proportion of mothers had high motivation (16.7%). The motivation of mothers in giving exclusive breastfeeding to babies after being given health education (posttest) was mostly high (73.3%), a small number of mothers had low motivation (26.7%). There was a significant influence (difference) on the motivation of mothers in breastfeeding exclusively to infants before being given health education (pretest) with motivation after being given health education (posttest), $p = 0.000 < 0.05$.

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