

Effect of Instrumental and Emotional Support to Exclusive Breastfeeding in Rantau Utara District in 2021

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ABSTRACT

The purpose of this study was to determine and analyze the effect of instrumental and emotional support to exclusive breastfeeding in Rantau Utara District in 2021. This study was a quantitative analytical study using a cross sectional approach. The population in this study were all breastfeeding mothers who worked in the working area of Rantau Utara District, Labuhan Batu Regency as many as 101 people. Therefore, the population is a sample of 101 respondents. Data collection in this study was obtained by using primary and secondary data. Data analysis in this study used bivariate analysis. The results showed that instrumental support had a significant effect on exclusive breastfeeding in Rantau Utara District in 2021. Emotional support had a significant effect on exclusive breastfeeding in Rantau Utara District in 2021.

Keywords: Instrumental, Emotional, Exclusive Breastfeeding

INTRODUCTION

One of the health developments goals such as the sustainable development goals (SDG's) that were formed in 2016 to 2030 which includes several programs in the health sector, namely to reduce the neonatal mortality rate and infant mortality rate in providing exclusive breast milk for an estimated 6 months of age (Kementerian Kesehatan, 2019).

Development in newborns is development in accordance with the outline

of growth for infants. Development in infants is a picture of the ideal nutritional status to maintain the welfare and life of the baby. If weight gain can be maintained, then the length/height and head circumference of the baby will also be good (Kementerian Kesehatan, 2020).

Breast milk is the best source of supplements for baby growth and development, supplements in breast milk generally contain substances, amounts and structures that are very good for repair and development in newborn children, especially newborn children aged 0-6 months (Anwar, 2021).

Exclusive breastfeeding has become a topic of problems in the development of optimal health around the world, such as the problem of breastfeeding in the United States which according to research data estimates that giving too little exclusive breastfeeding to infants in the United States causes more than 3,340 maternal and child deaths premature (Busch et al., 2019).

According to the research of Busch et al. (2019) states that working mothers need direction and initiatives regarding exclusive breastfeeding to increase mothers' willingness to pump exclusive breast milk. But the lack of support from the workplace so that mothers who still give exclusive breast milk are lazy to pump exclusive breast milk. The challenge for mothers at work is to take the time to pump exclusive breast milk at work or during breaks.

Mothers who are at risk of stopping breastfeeding are caused by social factors in the work environment such as the support of fellow female colleagues in providing information about exclusive breastfeeding. Lack of facilities and facilities in pumping exclusive breast milk at work, convenience in pumping exclusive breast milk, the availability of a safe place for mothers to pump their exclusive breast milk and the absence of information about breastfeeding mothers at work. Working mothers tend to need more attention from their family members. Therefore, support from family members must participate in providing attention and comfort to the mother, as well as to her co-workers. Mothers who breastfeed need more attention encouragement in providing exclusive breast milk (Shortall and Abrams, 2017).

Family and work support are closely related to exclusive breastfeeding (Tanjung and Rangkuti, 2020). This form of attention is very important for working mothers because with this attention makes mothers more enthusiastic in giving breast milk, especially for working mothers, with family support it increases the enthusiasm of working mothers because of the support from family members who give attention more deeply in giving breast milk, so that the emotional level of working mothers provides comfort and self-enhancement because working mothers feel the need for support, attention, and encouragement in giving breast milk to their babies.

According to Friedman (2010), to get attention from the family towards working mothers, namely in terms of education/knowledge and the economic level includes the level of income/occupation. Family members have involvement with each other and must have support such as informational support, assessment support, instrumental support, and emotional support. With the attention given, it can provide knowledge to mothers in providing exclusive breast milk, take mothers to do breast milk consultations and

provide good service in providing nutritional foods to mothers.

The purpose of this study was to determine and analyze the effect of instrumental and emotional support to exclusive breastfeeding in Rantau Utara District in 2021.

RESEARCH METHODS

This study was a quantitative analytical study using a cross sectional approach, that is, the researcher makes an assessment or measurement of the independent variable and the dependent variable at one time (Nursalam, 2008).

The population is a generalization area consisting of objects that have certain qualities and characteristics set by the researcher to be studied and then draw conclusions (Unaradjan, 2019). The population in this study were all breastfeeding mothers who worked in the working area of Rantau Utara District, Labuhan Batu Regency as many as 101 people. Therefore, the population is a sample of 101 respondents. The process of determining the sample uses the purposive sampling method with the aim of getting a representative sample according to the specified criteria (Endra, 2017). The respondents in this study are:

1. Family such as husband or parents who live with mother.
2. Mothers who have babies aged 0-6 months.
3. Families who have nursing mothers who work.

Data collection in this study was obtained by using primary and secondary data. Primary data is data collection that is carried out directly at the research location (Indra and Cahyaningrum, 2019). Primary data collection can be done by means of direct interviews with respondents based on research questionnaires that have been prepared previously. This data was obtained from the Community Health Center of Rantau Utara District, Labuhan Batu Regency, namely data on the recording of activities of Integrated Service Posts and

Community Health Center that can support primary data.

Data analysis in this study used bivariate analysis. This analysis is to determine the relationship between the independent variables on the dependent variable while the test used is the chi square test (Lapau, 2012). The results of statistical tests are declared to have a significant relationship if the p-value is less than α ($p\text{-value} < 0.05$), on the contrary, the relationship is not meaningful if the results of the statistical test show the p-value is greater than α ($p\text{-value} > 0.05$).

RESEARCH RESULT

Characteristics of Respondents

Age

Respondents in this study were working mothers who breastfeed babies from 0-6 months in Rantau Utara District, Labuhan Batu Regency. It is known that the results of this study are working mothers who dominate breastfeeding in the early adult phase (17-35 years) as much as 65.3% (66 breastfeeding mothers).

Profession

Employment in this study is divided into two categories, namely mothers who work in the government and working mothers who breastfeed dominate, namely mothers who work in non-government as much as 54.5% (55 breastfeeding mothers). The results showed that the majority of respondents in this study were breastfeeding mothers who worked as government and non-government employees, who worked in the government such as temporary employees who were bound by the government such as honorary workers who worked in services in Rantau Utara District while working mothers who breastfeeding workers who work in non-government departments such as shop clerks. Factors that influence being honorary, namely because the education level of the mother, the majority of whom have higher education or D3, S1, and S2 and mostly in the Rantau Utara District, which is the sub-district that

requires the most honorary workers in official offices such as the health office, education office etc.

Mothers who work as temporary workers only get 1 month of leave and mothers who work as civil servants during maternity leave are up to 3 months. With this given time, many mothers work less than optimally in providing exclusive breast milk, and the limited time between mother and baby also affects babies getting less exclusive breast milk. The time is very short by mothers who work as temporary workers who must be good at dividing their time to pump exclusive breast milk, but not all working mothers have tools to pump breast milk, the same as working mothers who breastfeed who have jobs such as shop employees or those who having a personal business is also less than optimal in providing breast milk, lack of willingness and awareness of working mothers.

In Rantau Utara sub-district the low coverage of exclusive breastfeeding is also due to the mother's work schedule, mothers who work from 07.00 to 16.00 so little time with the baby. Other reasons, such as the distance between the mother's house and place of work, the only short rest time, physical exhaustion of the mother and the lack of facilities and infrastructure as well as enthusiastic support from the mother's workplace are the reasons mothers do not give breast milk.

There are lactation corners provided by the government in every office that work well, some are not used by mothers, because of the lack of knowledge to pump breast milk and the reason for not having a breast pump.

Education

The results of the study in Rantau Utara District, Labuhanbatu Regency on breastfeeding mothers who worked showed that the majority of respondents had D3, S1, and S2 education as many as 54 respondents with a percentage (53.5%). One of the factors that influence the level of education is the family economy. Economics in the

world of education is very important, because the family economy affects a person's level of education, if the economy is high the level of education will go well, on the contrary if the family's economic level is low, then education is not a top priority and will not run easily.

The surrounding environment can be a factor that influences people's mindsets. Patterns and norms in society that a person adheres to greatly affect because in society there will be socialization.

Through education will affect a person in receiving information, both fellow schoolmates, and friends in the world of work. The benefit of education is to develop the ability and future of every individual who wants to see a good future, because the higher the education, the easier it will be to earn a living and increase the economy in the family economic prosperity in the family.

Income

The results showed that the income level of working mothers in Rantau Utara District was 14 (13.9%) unable and 87 (86.1%). This is due to the fact that many mothers work only as temporary workers whose income level is still below the regional minimum wage of Labuhan Batu

Regency of Rp2,895,289. With incomes below the regional minimum wage, sometimes working mothers forget or do not get information about the existence of a breast milk pump that can make it easier for mothers to provide exclusive breast milk. The low level of income also makes mothers not think about the needs of mothers who are breastfeeding, whether it is the need for nutritious food or the needs of other mothers. Because not all working mothers whose husbands work too. So the mother must be able to share her income for the family.

Bivariate Analysis

The bivariate analysis in this study consisted of 2 variables, namely instrumental and emotional support variables. The aim is to see the acquisition of the p-value of each variable. The results of the bivariate analysis using the chi-square test with the condition that if the value $< \alpha=0.05$, which means H_a is accepted and H_o is rejected. Thus, it can be concluded that there is a significant effect. Then vice versa if $> \alpha=0.05$ then it means H_a is rejected and H_o is accepted. The conclusion is that there is no significant effect. Bivariate analysis using the chi-square test can be seen in Table 1.

Table 1: Bivariate Analysis Test Results

Variable	Exclusive Breastfeeding					p-value
	N	Less	%	Good	%	
Instrumental Support						0.003
Good	33	15	45.4	18	54.5	
Less	68	52	76.5	16	23.5	
Emotional Support						0.002
Good	35	16	45.7	19	54.3	
Less	66	51	77.3	15	22.7	

The results showed that instrumental support had a significant effect on exclusive breastfeeding in Rantau Utara District in 2021. Emotional support had a significant effect on exclusive breastfeeding in Rantau Utara District in 2021.

CONCLUSION AND SUGGESTION

The results showed that instrumental support had a significant effect on exclusive breastfeeding in Rantau Utara District in

2021. Emotional support had a significant effect on exclusive breastfeeding in Rantau Utara District in 2021.

Suggestions in this research are:

1. As the holder of the Health Service Integrated Service Post program through the Community Health Center, it is hoped that he can provide counseling about exclusive breastfeeding not only at the Community Health Center or Integrated Service Post, but also provide

- counseling in the workplace. In this case the Health Office can cooperate with the institution where the women work.
2. The Labuhan Batu District Health Office through the Community Health Center is expected to further enhance health promotion efforts in the form of posters, banners, leaflets, and billboards about the benefits of exclusive breastfeeding.
 3. The Labuhan Batu District Health Office through the Community Health Center is expected to be able to provide counseling about exclusive breastfeeding to working mothers on work days, thus providing opportunities for mothers to attend counseling activities.
 4. Families are expected to always actively seek information regarding exclusive breastfeeding and support working mothers in providing exclusive breastfeeding.
 5. Husbands are expected to always motivate and pay attention to breastfeeding mothers in providing exclusive breast milk so that mothers are enthusiastic in giving exclusive breast milk.

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