

THE RELATIONSHIP OF MOTHER'S JOB WITH EXCLUSIVE BREASTFEEDING STATUS.

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ABSTRACT

Exclusive breastfeeding for babies 0-6 months is very important because it can help the baby's growth and development process and increase the baby's immune system. Breast milk is the best food for baby's growth and development. The nutritional content of breast milk is perfect and very beneficial for babies. Exclusive breastfeeding is giving breast milk (ASI) as early as possible after giving birth until the baby is 6 months old. One of the reasons why exclusive breastfeeding has not been successful is working mothers. This study aims to determine the relationship between maternal employment and exclusive breastfeeding status. The research method uses descriptive analytical methods with a cross sectional study approach. The population of this study was all mothers who had toddlers aged more than 6 months at Posyandu Rose B Cibeber Cimahi Selatan, totaling 64 people. The number of samples in this study was 40 people, and the sampling technique used in this research was nonprobability sampling in the form of accidental sampling, namely a method of determining samples by taking respondents who happened to be present or were in a place according to the research context. Data collection was carried out by interviews guided by a questionnaire which contained the characteristics of the respondents, namely the mother's employment status and breastfeeding status. Data analysis used univariate and bivariate analysis with the chi-square test.

Keywords : Exclusive breastfeeding, maternal occupation, cross sectional

INTRODUCTION

A period of rapid growth occurs during infancy and toddlerhood. Therefore, during this period, good and sufficient nutrition is very necessary for babies. The most appropriate nutrition given to babies is breast milk (ASI). Breast milk is the best food for baby's growth and development. The nutritional content of breast milk is perfect and very beneficial for babies. Breast milk contains carbohydrates, protein, vitamins and water which are very beneficial for the baby's growth and development.

Apart from being the best food for babies, breast milk (ASI) has also been proven to prevent disease in babies and provide benefits for mothers, families and society. Providing breast milk for 6 months can save 1.3 million lives worldwide.

The World Health Organization (WHO) states that breast milk is a method that cannot be matched by anyone in providing ideal food for a baby's growth and development after 6 months. Usually babies need more iron and zinc which are available in breast milk. Babies can drink breast milk until the age of 12 months or more as long as the baby continues to gain weight and grow as it should.

Breast milk is the best source of nutrition and has been proven effective in saving lives. Breast milk helps protect children from various diseases that many children experience, such as diarrhea and pneumonia. In addition, it is also known that children who are breastfed perform better on intelligence tests, have a lower chance of being obese or overweight, and are less likely to develop non-communicable diseases in adulthood. Increasing breastfeeding globally has the potential to save more than 820,000 lives and prevent an increase of 20,000 cases of breast cancer in women every year. However, in Indonesia, only 1 in 2 babies under the age of

6 months is exclusively breastfed, and only a little more than 5 percent of children are still breastfed at the age of 23 months. This means that almost half of Indonesian children do not get the nutrition they need in the first two years of life. More than 40 percent of babies are introduced to complementary foods too early, namely before reaching 6 months of age, and the food given often does not meet the baby's nutritional needs.

UNICEF states that 30 thousand deaths of children under five in Indonesia and 10 million deaths of children under five throughout the world every year and this can be prevented by giving exclusive breast milk for 6 months from the time the baby is first born without giving extra breast milk, food and drink for babies (Prasetyono, 2009). Exclusive breastfeeding coverage in ASEAN countries such as India has reached 46%, in the Philippines 34%, in Vietnam 27%, in Myanmar 24% while in India it has reached 54.3% (Infodatin, 2014). In Indonesia, almost 9 out of 10 mothers breastfeed, but IDAI research (Yohmi et al, 2015) found that only 49.8% breastfed exclusively for 6 months according to WHO recommendations. The results of research in DKI Jakarta from the Master's Program in Occupational Medicine, Department of Community Medicine, FKUI, show that the percentage of Jakarta residents who exclusively breastfeed their babies is only 32%. Even 80% of factory workers in Jakarta do not provide exclusive breastfeeding. This is influenced by several factors, namely knowledge, husband's support, IMD success and employment because the mother's work activities focus on career achievement. The mother's right to provide exclusive breastfeeding and provide special facilities for breastfeeding is stated in chapter V article 30 (Hapsari, 2014).

Even though breastfeeding has become a culture in Indonesia, efforts to improve the behavior of exclusive breastfeeding mothers are still needed because the practice of exclusive breastfeeding is not widely practiced. One of the reasons why mothers do not breastfeed exclusively is because of work. This is because for mothers who work outside the home, giving exclusive breastfeeding is a dilemma, because the leave period is too short compared to the breastfeeding period, so they will give formula milk as a substitute for exclusive breast milk. In addition, mothers who work outside the home have limited opportunities to breastfeed their babies directly. These limitations can be in the form of time and place, especially if the workplace does not provide a lactation room where mothers can breastfeed their children. By giving exclusive breast milk to babies, mothers can express their breast milk before going to work, or while at work. Milking can still produce a lot of breast milk, if the milking is done using the correct and appropriate technique. Nursing mothers must first understand how to express breast milk, how to store it, how to manage expressed breast milk, how to care for the breasts, and how to increase breast milk production.

The mother's employment status also influences exclusive breastfeeding. Mothers who work outside the home will have difficulty giving breast milk to their babies because the mother is outside the home and the mother does not know how to store breast milk. Mothers who work outside the home have limited opportunities to breastfeed their babies directly. These limitations are in the form of time or place, especially if there are no facilities available at the workplace for breastfeeding mothers. This is what makes researchers interested in conducting research on the relationship between maternal employment and the status of exclusive breastfeeding for babies.

METHOD

This research is quantitative research because the aim of this research is to determine the relationship between two independent variables (mother's employment status) and the dependent variable (exclusive breastfeeding). This research is an analytical observational study with a cross sectional approach. Data on the relationship between maternal employment and exclusive breastfeeding status in the Rose B Cibeber Cimahi Selatan posyandu work area were obtained using a questionnaire instrument. The research subjects used were breastfeeding

mothers. Data analysis was carried out univariately to explain the distribution of all variables and bivariate analysis to see the relationship between variables.

RESULT

This section exclusively presents tables, each preceded by a short narrative description. Table titles are justified with the table open. Sub-subtitles are not needed.

Table 2: Frequency Distribution of Student Grades

Intervention Group Evaluation	Frequency	Percent
Did Not Pass	x	Y
Pass	Q	R
Total	O	P

Table 3. Average Distribution of Student Grades

Variable	Mean	Std. Deviation	Minimum Value	Max Value	N
X1	A	B	C	D	E

DISCUSSION

This research was conducted to determine this relationship mother's employment status with exclusive breastfeeding in the working area of Posyandu Rose B Cibeber, South Cimahi. Data primary data collected through subsequent questionnaires processed and analyzed univariately and bivariately with computer assistance

CONCLUSION AND SUGGESTIONS

Based on the results of research conducted in Posyandu Rose B working area, Cibeber, South Cimahi it can be concluded that: Mother's employment status the majority of mothers do not work not giving exclusive breast milk to their babies and there is a significant relationship between employment status mothers with exclusive breastfeeding in the working area of Posyandu Rose B Cibeber, South Cimahi.

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