

Support System on Successful Exclusive Breastfeeding on Primipara Based on Theory of Maternal Role Attainment

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ABSTRACT

Background: Exclusive breastfeeding is the most important food for the health of the baby since birth. WHO has recommended Exclusive breastfeeding to infants from birth to 6 months old. Breastfeeding is essential for optimal growth of both physical and mental and infant intelligence. One of the most common problems is the failure of mothers to exclusively breastfeeding, where there is often other feeding early in infants aged 0-6 months. **Objectives:** this study aims to find out Support system for the Success of Exclusive Breastfeeding on Primipara Postpartum Mother. **Method:** the type of this research is descriptive correlational with cross sectional approach. This research has been conducted in February-June 2017 in Village Pojok Kediri with Purposive Sampling method, the number of respondents 30 people. **Results:** Analysis of data by using Chi Square Test ($\chi^2 = 0,093$) the result of research showed no relation between Support system and successful exclusive breastfeeding. **Conclusion:** The conclusions of this research is 76.67% of respondents get support system good, but only 40% who succeeded in giving exclusive breastfeeding to her baby. The result of bivariate statistic test showed that there is no relation between Support System and Succesfull exclusive breastfeeding. Suggestions from this research are for the success of exclusive breastfeeding needs cooperation between nurses, families and communities in enhancing adaptation of primiparas' mother's role, including adjustment with partner and build positive interaction with infant.

Keywords: Support System, Exclusive Breastfeeding

INTRODUCTION

Maternal role attainment as a process in which a mother can reach the ability in carrying out its role as a mother, integrating maternal behavior until they find a new role in which they attain self-confidence, and harmony with their new identity (Trisetyaningsih, 2017). Support system is very important to the process of adaptation of mothers in the postpartum period. Postpartum period is a critical moment for the mother of one side is a time of happiness as well as full of stress to adapt after childbirth. Adaptation includes adjusting to a partner and establishing positive interactions with infants (Fleming, Flett, Ruble, and Shaul, 1988). One of the problems that occur in the postpartum period is the failure of the mother to give exclusive breastfeeding.

Exclusive breastfeeding has been described as one of most effective interventions in reducing infant and child mortality globally (Jones, 2003). Recent evidence indicates that breastfeeding could save over eight hundred thousand children's lives and about two hundred mothers' lives annually (victora, 2016). Further, breastfeeding has been associated with increased intelligence,

education attainment at adulthood, productivity, earning ability and social development (Hayatbakhsh MR, et al, 2012). Optimal breastfeeding as recommended by the World Health Organization (WHO) includes immediate initiation of breastfeeding, exclusive breastfeeding for six months and continued breastfeeding for at least two years with optimal complementary feeding from six months (WHO, 2003). Despite the established benefits of optimal breastfeeding, about 60% of infants in developing countries are not exclusively breastfed for six months (Lauer, 2004).

One of the most common problems is the failure of mothers to exclusively breastfeed, where there is often other feeding early (MP – ASI dini) in infants aged 0-6 months. One of the problems based on the baseline survey is the rate of other feeding early in infants (75.5%). Low exclusive breastfeeding because mothers do not know the benefits of breastfeeding for the health of children. Support from the father also affects the success of exclusive breastfeeding for six months. The mother's decision to breastfeed is influenced by family members' information about the benefits of breastfeeding, as well as lactation consultants (Wulandari, 2009).

Exclusive breastfeeding is the most important food for the health of the baby since birth. WHO has recommended Exclusive breastfeeding to infants from birth to 6 months of age. Exclusive Breastfeeding is essential for optimal growth of both physical and mental and infant intelligence. Therefore, breastfeeding needs to get the attention of mothers and health personnel so that the breastfeeding process can be done properly. Post-partum and family mothers are part of the community so as a promotive effort towards exclusive breastfeeding needs cooperation between nurses and the community. These community groups are experienced individuals and have received training on exclusive breastfeeding. In providing nursing care to the postpartum mother the nurse should also be based on a nursing conceptual model in fact, exclusive breastfeeding during the first six months of infant life has many constraints, such as mothers lacking proper lactation management, working mothers, and poor milk production. Several factors are thought to lead to reduced milk production, namely breastfeeding factors, maternal psychological factors, maternal physical factors, and infant factors. Psychological factors such as stress, anxiety, unhappiness of mothers in the breastfeeding period inhibits the successful of exclusive breastfeeding.

METHOD

The type of this research is descriptive correlational with cross sectional approach. This research has been conducted in January-June 2017 in Village Pojok Kediri with Purposive Sampling method, the number of respondents 30 people. Data Analysed by Chi Square Test. Bivariate analysis used to see the relationship between support system and successful of Exclusive Breastfeeding

. The analysis technique is done by Chi Square test. Chi square test (χ^2) is used to determine the presence or absence of association between two variables using 95% confidence degree with α 5% so if value P (p value) $<0,05$ means result of statistical calculation significant (significant) between the independent variable and the dependent variable. However, if p value $> 0,05$ means that the result of statistical calculation is not significant or there is no relation between independent variable and dependent variable.

RESULTS AND DISCUSSION

The results showed that there were 11 respondents with a good support system and they give exclusive breastfeeding to her baby, but there are 4 respondents with good support system does not give exclusive breastfeeding to the baby.

Table 1 Socio-demographic characteristics of Respondent

No	Characteristic	Frequency	Percentage
1	Age		
	< 20 year old	1	4%
	20 – 35 year old	22	73%
	>35 year old	7	23%
2	Education		
	Elementary School	4	14%
	Junior High School	9	30%
	Senior High School	13	43%
	College	4	14%
3	Work		
	Work	9	30%
	Housewife	21	70%
4	Information About Exclusive breastfeeding		
	Yes	13	43%
	No	17	57%
5	Information About How to Breastfeed		
	Yes	4	14
	No	26	86
6	Family Support		
	Yes	28	93%
	No	2	7%
7	Health Worker Support		
	Yes	28	93%
	No	2	7%
8	Community Support		
	Yes	27	90%
	No	3	10%

Table 2 Research results

Support System	Breastfeeding Practice			Total
	Exclusive breastfeeding	Predominan - breastfeeding	Non- Exclusive breastfeeding	
Good	11	8	4	23 (76,67%)
Enough	1	2	4	7 (23,33%)
Less	0	0	0	0
Total	12 (40%)	10 (33,33%)	8 (26,67%)	

The results showed $\chi^2 = 0.093$ means there is no relationship between the support system and the success of exclusive breastfeeding. Exclusive breastfeeding depend on the mother's

decision. Mother's decision influenced by Maternal Role Attainment and adaptations process. Maternal role attainment begins early in pregnancy up to 6 months after delivery. Progress in the ongoing interaction between mother and newborn will facilitate bonding and attachment, and ultimately leads to the achievement of a maternal role (Trisetyaningsih, 2017). Mother's decision to breastfeed influenced by many factors, both internal and external. Internal factors include mother's knowledge of the lactation process, education, motivation, attitudes, working mother, and maternal health conditions. External factors are socioeconomics, hospital management, infant health conditions, intensive formula feeding advertisement, culture beliefs developed in society and lack of information and health workers's Support to Mother as well as people closest to mothers such as parent, parent in-laws, husbands, and others.

The results showed no relation between support system and Succesfull exclusive breasfeeding. Support system in this study may affect breastfeeding practices, such as The family functions as a support system for mother. Mothers know that her family who are supportive, always ready to provide help and assistance if needed. The emotional support of the family is a refuge for rest and for healing and play an important role in the mastery of emotions. This form of support in the form of expression of empathy, love, honesty, and care and have a strength that is consistent relationship with health status focus on breastfeeding practices. The benefit of this support is to emotionally guarantee the individual values will always be kept secret from the curiosity of others. Aspects of emotional support include support embodied in the form of affection, trust, attention and listening (Trisetyaningsih, 2017).

Exclusive breastfeeding mostly influenced by mother's knowledge about lactation, the research shows most of respondents (57%) did not get information about exclusive breastfeeding and almost all (86%) did not get information how to breastfeed. The level of education of the mother will affect the level of understanding so that the mother will easily receive information from health workers. So a mother is able to apply her knowledge in caring for a baby to give exclusive breastfeeding until 6 months. Although other factors such as family support are stronger almost all 93% of family support is positive, but it seems that breastfeeding decisions are more influenced by knowledge and education factors.

CONCLUSIONS

The conclusions of this research is 76.67% of respondents get support system good, but only 40% who succeeded in giving exclusive breastfeeding to her baby. The result of bivariate statistic test showed that there is no relation between Support System and Succesfull exclusive breastfeeding. Suggestions from this research are for the success of exclusive breastfeeding needs cooperation between nurses, families and communities in enhancing adaptation of mother's role, including adjustment with partner and build positive interaction with infant.

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