



Breastfeeding Mother's Knowledge and Attitude of Early Initiation and Exclusiveness in Remote Area

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Abstract

Breastfeeding was essential for the physically and mentally optimal growth and development of babies, as well as their intelligence. The breastfeeding was, therefore, given much attention by mothers and the health professionals in order to get breastfeeding process can be properly carried out. The study was aimed at determining the influence of **Asset-Based Community Development** (ABCD) approach on the mothers' knowledge and attitude in the implementation of early breastfeeding initiation and exclusive breastfeeding. The study applied a cohort research by grouping the 51 pregnant mothers in their trimester of pregnancy, along with their husbands/companions who accompanied the pregnant mothers in doing the ante natal care and the midwife.

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They were given the questionnaire prior to enter the ABCD class of early initiation breast feeding (IMD) and exclusive breast milk, then followed until the delivery process, observed the IMD implementation, and exclusive breastfeeding of the 0-6 month babies without any additional food. The result revealed that there was a significant correlation between the knowledge and the IMD implementation and the breastfeeding ($p < 0.05$). After the mother were given training on the ABCD approach to implement the IMD and exclusive breastfeeding, there were 40 mother (78.4%) who had good understanding of the matter and 41 of them (80.4%) had positive attitude to implement the IMD and the exclusive breastfeeding for 0-6 months. The study concluded that there was a significant influence of knowledge on the IMD implementation. It means that the higher mother knowledge and attitude level, the higher the mothers breastfed with exclusive breast milk will be.

Keywords: Asset-Based Community Development (ABCD); Mothers' Knowledge and Attitude; Early Breastfeeding Initiation (IMD); Exclusive Breast Milk.

1. Introduction

The fundamental factor to produce a more qualified human is starting from their early age since in pregnancy until the early breastfeeding initiative especially exclusive breastfeeding. Breastfeeding is one of the the food types suffice all babies needs both physically, social and spirituals. It contains nutrition, hormones, immune development factors, anti allergic and anti inflammatory. Nutrients in breastfeeding contain nearly 200 elements of food substances. Breastfeeding is well suited to meet the baby's needs in every respect, namely carbohydrates such as lactose, fatty acids are polyunsaturated, digestible protein, mineral, and the ratio of calcium phosphate of 2: 1 which is an ideal condition for the absorption of calcium and it contains anti-infective agents [1].

The fulfillment of nutritional needs of infants 0-6 months is absolutely obtained through breast feedings for infants with exclusive breastfeed [2]. The World Bank [3] suggests that efforts to improve infant nutrition 0-6 months based on that malnutrition in less than 2 years of age will have an impact on the decline in physical growth, brain development, intelligence, and productivity, where the impact is largely unable fixed (irreversible). Exclusive breastfeeding for the infant can reduce deaths [3, 4].

Breastfeeding is the grace of God which is very extraordinary and cannot be replaced by any source of milk. The Holy Qur'an has asserted that a mother is obliged to breastfeed her baby. In verse Al-Baqarah / 2: 233 Allah says:

﴿ وَالْوَالِدَاتُ يُرْضِعْنَ أَوْلَادَهُنَّ حَوْلَيْنِ كَامِلَيْنِ لِمَنْ أَرَادَ أَنْ يُبْرِئَ الرِّضَاعَةَ وَعَلَى الْمَوْلُودِ لَهُ رِزْقُهُنَّ وَكِسْوَتُهُنَّ بِالْمَعْرُوفِ لَا تُكَلَّفُ نَفْسٌ إِلَّا وُسْعَهَا لَا تُضَارَّ وَالِدَةٌ بَوْلِدِهَا وَلَا مَوْلُودٌ لَهُ بِوَلَدِهِ وَعَلَى الْوَارِثِ مِثْلُ ذَلِكَ فَإِنْ أَرَادَا فِصَالًا عَنْ تَرَاضٍ مِنْهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيْهِمَا وَإِنْ أَرَدْتُمْ أَنْ تَسْتَرْضِعُوا أَوْلَادَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُمْ مَا آتَيْتُمْ بِالْمَعْرُوفِ وَاتَّقُوا اللَّهَ وَاعْلَمُوا أَنَّ اللَّهَ بِمَا تَعْمَلُونَ بَصِيرٌ ﴾

Figure 1

Based community development asset or asset-based community development (ABCD) is to identify ways to motivate individuals, community members or citizens in the ongoing process to identify and mobilize, perform asset mapping, local economic development, culture, religion, physical resources and natural and social.

ABCD is an approach that gives greater emphasis to the assets held in the community (often unconscious).

Asset mapping is an extension the basic idea of identifying and mobilizing resources available for community development or design and implement education program.

Asset mapping emphasizes the idea to start with something positive of what is available in the community for their issues or concerns rather than embark on a list of what is not available in the community.

2. Materials and Method

The design of this study using a cohort study design that is observed independent variables beforehand (risk factors), then the subject is followed until a certain time to see the effect on the dependent variables (effects or disease under study).

The study uses an analytical survey, which tried to explore intervention ABCD approach to knowledge, attitude and behavior of the mother as well as the correlation between the variables studied and then draw conclusions based on the data obtained.

Then it is described in a frequency distribution table.

3. Results

3.1 *Univariate Analysis*

a. Frequency Distribution Based on Demographic Data of Mother

Table 1 indicates that mother who have primary school education are: ie 5 mother (9.8%), SMP 12 mother (23.5%), SMA as many as 22 mother (43.1) and D3 / S1 as many as 12 mother (23.5%). Meanwhile, mother who do not work (IRT) as many as 35 mother (68.6%) and 16 mother (32.4%) were working. Meanwhile, the level of knowledge of the most is in a good rate, as many as 44 mother (86.3%) and the level of knowledge that is pretty much as 7 mother (13.7%).

IMD mother's attitude toward the most is positive attitude as much as 44 mother (86.3%) and negative attitudes by 7 mother (13.7%).

Meanwhile, IMD Implementation done by the mother the most is a good practice, as many as 43 mother (84.3%) and of its implementation counted as 8 mother (15.7%).

Table 1: Respondent Distribution based on mother demography data

Demography Data	Frequency	Percentage
Education		
Elementary School	5	9,8
Junior High School	12	23,5
Senior High School	22	43,1
Diploma/Undergraduate	12	23,5
Total	51	100
Occupation Status		
Employed	16	32,4
Unemployed(house wives)	35	68,6
Total	51	100
Knowledge		
Good		
Average	44	86,3
Total	7	13,7
Attitude		
Positive	51	100
Negative	44	86,3
Total	7	13,7
Implementation of IMD		
Good		
Average	43	84,3
Total	8	15,7
	51	100

3.2 Bivariat Analysis

a. Normality Test

Table 2: Knowledge Variable Normality Test, Attitude and IMD Implementation

Variable	Kolmogorov-Smirnov ^a		
	Statistic	df	Sig.
Knowledge	.184	51	.500
Attitude	.120	51	.426
IMD implementation	.307	51	.720

Table 2 shows that the test of normality part, either a score of knowledge, attitude and implementation of the IMD has a value of $p > 0.05$. Therefore the value of $p > 0.05$, all three groups of data have a normal distribution.

b. The Effect of ABCD Training Model approach towards Women’s Knowledge and Attitude in Achieving the Implementation of IMD

Table 3: The Effect of OBCD Training Model approach towards women’s knowledge and attitude in Achieving the Implementation of IMD

IMD Implementation	
Knowledge	$r = 0,287$
	$p = 0,041$
	$n = 51$
Attitude	$r = 0,359$
	$p = 0,010$
	$n = 51$

Pearson Correlation Test

Table 3 show that the knowledge gained in the implementation of the IMD value of $p = 0.041$ which shows that the correlation between the scores of mother's knowledge and the implementation of meaningful IMD. Spearman correlation value of 0,287 showed a positive correlation with the strength of strong correlation. Meanwhile, the attitude in the implementation of the IMD obtained by value $p = 0.010$ which shows that the correlation between the score of the attitude of breastfeeding and implementation of meaningful IMD. Spearman correlation value of 0.359 indicates a positive correlation with the strength of strong correlation.

c. The correlation of ABCD training model approach with women’s knowledge and attitude in Achieving the Implementation of IMD

Fisher Test

Table 4 show the mother' knowledge was good to exercise and it is also good for IMD where 40 mother (78.4%), and which implements the IMD enough only 4 mother (7.8%). Meanwhile, mothers who have sufficient knowledge to exercise IMD properly is counted only 3 mother (5.9%) and the IMD carrying out quite as many as 4 mother (7.8%). Based on the test results obtained, Fisher probability $P = 0.008$ or less than the value $\alpha = 0:05$. From this analysis, it may indicate that H_a received or there is a significant relationship between mother’s knowledge and the implementation of IMD.

4. Discussion

One crucial finding is that there is a significant relationship between knowledge and exclusive breastfeeding ($p < 0.05$). The results shows that the ratio of mother who have enough knowledge about exclusive breastfeeding more than they who do not give exclusive breastfeeding than mothers who have a good knowledge. The condition shows that the higher the mother's level of knowledge, the more likely mothers to breast feed exclusively. Conversely, a lack of knowledge of the mother would affect exclusive breastfeeding. So it can be said that the mother's knowledge factor can be a barrier to exclusive breastfeeding. It is as described by [5] found a lack of knowledge of mothers on exclusive breastfeeding become one of the obstacles sustainability of breastfeeding [5-7].

Table 4: The correlation of ABCD training model approach with women’s knowledge and attitude in Achieving the Implementation of IMD

	IMD Implementation				Total		P Value
	Good		Average				
	N	%	n	%	N	%	
Knowledge							
Good	40	78,4	4	7,8	44	86,3	
Average	3	5,9	4	7,8	7	13,7	0,008
Total	43	84,3	8	15,7	51	100	
Attitude							
Positive	41	80,4	3	5,9	44	86,3	
Negative	2	3,9	5	9,8	7	13,7	0,000
Total	43	84,3	8	15,7	51	100	

In line with the previous findings of the research conducted [8,9], that there is a quite strong correlation between mother’s knowledge about breastfeeding to exclusive breastfeeding. Research by [10,11] also found that knowledge of mothers both with regard to the practice of exclusive breastfeeding. The similar research by Mbley [12] states that one of the factors that influence the prevalence of exclusive breastfeeding is the knowledge of breastfeeding mothers. The differences found from the research by [13] where the results of the study indicate that there is no significant relationship between mother's knowledge with exclusive breastfeeding ($P < 0.05$). Meanwhile, this research found that there is a significant relations between early breastfeeding

initiation with exclusive breastfeeding ($p < 0.05$).

5. Conclusion

The study concluded that there was a significant influence of knowledge on the IMD implementation. It meant that the higher the knowledge level of the mother, the more likely the mothers breastfed with exclusive breast milk, and the higher the attitude level of the mother, the more likely the mothers breastfed with exclusive breast milk. Hopefully to the next researcher to add variable weight baby by ABCD approach with IMD and exclusive breastfeeding.

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