

**THE EFFECTIVENESS OF IMPLEMENTING INTERPROFESSIONAL COLLABORATION (IPC) IN  
COMMUNITY HEALTH CENTERS REGARDING EXCLUSIVE BREASTFEEDING ON KNOWLEDGE,  
ATTITUDES OF MOTHERS AND ACHIEVEMENTS OF EXCLUSIVE BREASTFEEDING**

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**ABSTRAK : EFEKTIVITAS PELAKSANAAN KOLABORASI INTERPROFESIONAL (IPC) DI PUSKESMAS  
TENTANG ASI EKSKLUSIF TERHADAP PENGETAHUAN, SIKAP IBU DAN CAPAIAN ASI EKSKLUSIF**

Permasalahan kesehatan ibu dan anak saat ini yang menjadi fokus program pemerintah adalah masalah stunting. Stunting adalah suatu kondisi gagal tumbuh pada anak balita. Angka kejadian stunting di Indonesia pada tahun 2021 masih berada di 24,4 % (Pusdatin, 2021). Banyak faktor yang berhubungan dengan kejadian stunting. Salah satunya adalah pemberian asi eksklusif pada bayi 0-6 bulan. Asi eksklusif adalah dibutuhkan oleh bayi karena sangat penting untuk pertumbuhan dan perkembangan bayi (S Novianita, 2022). Bayi yang mendapatkan asi eksklusif mempunyai risiko lebih rendah terjadinya stunting (Sumiyati 2022)

Pemberian ASI eksklusif telah diprogram oleh pemerintah sejak tahun 2012 namun keberhasilan untuk pencapaian asi eksklusif berjalan lambat. Pada tahun 2021 pencapaian asi eksklusif baru mencapai 71,58% untuk negara Indonesia, dan khusus untuk propinsi Lampung asi eksklusif mencapai 74,93% pada tahun 2021 (Badan Pusat Statistik, 2022). Usaha untuk mencapai target pencapaian asi eksklusif banyak program pemerintah yang dilaksanakan di Puskesmas salah satunya dengan memberikan penyuluhan-penyuluhan kepada ibu hamil di kelas ibu hamil. Akan tetapi penyuluhan penyuluhan tersebut hanya terbatas pada bagian KIA. Setelah bayi lahir dan seterusnya ibu jarang berkontak dengan KIA untuk konsultasi permasalahan seputar asi setelah bayi lahir. Ibu dan bayi banyak berkontak dengan petugas kesehatan di puskesmas hanya untuk mendapatkan suntikan imunisasi dasar. Akibatnya terjadi kegagalan pemberian asi eksklusif pada bayi karena adanya permasalahan-permasalahan yang tidak teratasi dalam masa menyusui. Idealnya adanya kerjasama antara bagian profesional dari bagian imunisasi ke bagian KIA agar dapat merujuk ibu dan bayi yang mengalami permasalahan seputar asi (asi sedikit, putting susu lecet dan sebagainya)

Tujuan penelitian ini adalah untuk mengetahui pengaruh penerapan interprofesional coloboration practice terhadap capaian asi eksklusif.

Metode Desain penelitian ini adalah kuasi eksperimen dengan rancangan one group pretest dan posttest. Populasi penelitian adalah ibu menyusui dengan usia bayi 1 bulan. Besar sample ditentukan dengan purposive random sampling. Intervensi berupa edukasi dan pendampingan tentang asi eksklusif. Data dianalisis menggunakan univariat dan bivariat chi kuadrat

Hasil : terdapat peningkatan pengetahuan dan sikap ibu sebelum dan setelah mengikuti IPC dan terdapat hubungan antara pengetahuan dan sikap terhadap capaian asi eksklusif

Kesimpulan : IPC bagian KIA dan Imunisasi dapat meningkatkan pengetahuan, sikap dan capaian asi eksklusif

Saran : puskesmas dapat menerapkan IPC antara bagian KIA dan Imunisasi untuk meningkatkan capaian asi eksklusif

Kata Kunci : PC, Kesehatan Ibu dan Anak, Imunisasi, ASI Eksklusif

**ABSTRACT**

Background: The current maternal and child health problem that is the focus of government programs is stunting. Stunting is a condition of failure to thrive in children under five. The incidence of stunting in Indonesia in 2021 will still be at 24.4% (RI, 2020). Many factors are related to the incidence of stunting. One of them is exclusive breastfeeding for babies 0-6 months. Exclusive breast milk is needed by babies because it is very important for the baby's growth and development (Novianita et al., 2022). Baby who receive exclusive breast milk have a lower risk of stunting (Arsin & Syafar, 2020).

Exclusive breastfeeding has been programmed by the government since 2012, but success in achieving exclusive breastfeeding has been slow. In 2021, the achievement of exclusive breast milk will only reach 71.58%

for Indonesia, and specifically for Lampung province, exclusive breast milk will reach 74.93% in 2021 (Statistik, 2023) one way is by providing counseling to pregnant women in pregnancy classes. However, this outreach is only limited to the KIA section. After the baby is born and so on, mothers rarely contact MCH to consult on issues regarding breast milk after the baby is born. Mothers and babies have a lot of contact with health workers at community health centers just to get basic immunization injections. As a result, there is failure to provide exclusive breastfeeding to babies due to problems that are not resolved during breastfeeding. Ideally, there should be collaboration between professional sections from the immunization section and the MCH section so that they can refer mothers and babies who experience problems related to breast milk (little breast milk, sore nipples and so on).

Purpose : of this research is to determine the effect of implementing interprofessional collaboration practice on the achievement of exclusive breastfeeding.

Methods: The design of this research is a quasi-experiment with a one group pretest and posttest design. The research population was breastfeeding mothers with babies aged 1 month. The sample size was determined by purposive random sampling. Intervention in the form of education and assistance regarding exclusive breastfeeding. Data were analyzed using univariate and bivariate chi quadrat

Results: there is an increase in knowledge and attitude of mothers before and after following IPC and there is a relationship between knowledge and attitude towards access to exclusive breastfeeding

Conclusion : Kia section IPC and immunization at community health centers influence the achievement of exclusive breastfeeding

Suggestion : Community health centers can implement IPC between the MCH and Immunization departments to increase the achievement of exclusive breastfeeding.

Key word : IPC, Maternal and Child Health, Immunization, exclusive breastfeeding

## INTRODUCTION

The current maternal and child health problem that is the focus of government programs is stunting. Stunting is a condition of failure to thrive in children under five (Riyadi et al., 2023). The incidence of stunting in Indonesia in 2021 will still be at 24.4%. Many factors are related to the incidence of stunting (Hafid et al., n.d.). One of them is exclusive breastfeeding for babies 0-6 months. Exclusive breast milk is needed by babies because it is very important for the baby's growth and development. Babies who receive exclusive breast milk have a lower risk of stunting (Riyadi et al., 2023).

Exclusive breastfeeding has been programmed by the government since 2012, but success in achieving exclusive breastfeeding has been slow. In 2023, the achievement of exclusive breast milk will only reach 67.96% for Indonesia, down from 69.7% in 2021, and specifically for Lampung province, exclusive breast milk will reach 74.93% in 2021 (WHO, 2023). Efforts to achieve the target In achieving exclusive breast milk, there are many government programs implemented at Community Health Centers, one of which is by providing counseling to pregnant women in prenatal classes. However, this outreach is only limited to the KIA section. After the baby is born and so on, mothers rarely contact MCH to consult on issues regarding breast milk after the baby is born.

Mothers and babies have a lot of contact with health workers at community health centers just to get basic immunization injections. As a result, there is a high risk of failure to provide exclusive breastfeeding to babies due to problems that are not resolved during breastfeeding. Ideally, there should be collaboration between professional sections from the immunization section and the MCH section so that they can refer mothers and babies who experience problems related to breast milk (little breast milk, sore nipples, swollen breasts and so on). Mothers who have problems related to breastfeeding need to consult with a breastfeeding counselor at the Community Health Center. Nursing mothers need additional special knowledge about lactation so that the breastfeeding process runs smoothly.

Increasing mothers' knowledge about exclusive breastfeeding can be achieved through providing health education. Health education is an educational activity carried out by spreading messages, instilling confidence so that people are not only aware, know and understand, but are also willing and able to carry out recommendations related to health. Strategies for optimizing education by implementing interprofessional health education can improve communication skills and working together in teams which are the main competencies in collaborative practice between health professions (Prasetyo, 2023) (Maharani et al., 2022).

These inter-professional collaboration skills really support improving services for mothers and baby (Munawaroh et al., 2024). The aim of IPC is the practice of inter-professional collaboration, which involves various professions in learning how to work together by providing the knowledge, skills and attitudes needed to collaborate effectively (Askar, M., & Hasfat, 2024). The benefits of implementing IPC in health services come from achieving better collaboration between health practitioners (Manurung et al., 2023). Therefore, the author is interested in researching the effectiveness of IPC in increasing the achievement of exclusive breastfeeding through increasing the knowledge and attitudes of breastfeeding mothers.

## RESEARCH METHODS

The design of this research is a quasi-experiment with a one group pretest and posttest design. The research population was breastfeeding mothers with babies aged 1 month. The sample size was determined by purposive random sampling. Respondents were given education from the KIA and immunization department about exclusive breastfeeding. by using media in the form of booklets and KIA books. Intervention in the form of education and assistance regarding exclusive breastfeeding. Data used analyzed using univariate and bivariate chi quadrat.

## RESEARCH RESULTS

### Respondent Characteristics

Based on table 1, the characteristics of most respondents were in reproductive age (20 -35 years) as much as 83.3%. This age is the best age for pregnancy and childbirth. Because at this age the mother's body is in optimal condition for reproduction. According to age, it influences a person's grasping power and thinking patterns, the older one gets, the more one's grasping power and thinking patterns increase, so that the knowledge gained will be better.

**Table 1**  
**Respondent characteristics**

Kategori	Frekuensi	%
Umur		
< 20 tahun	1	3,3
20-35 Tahun	25	83,3
>35 tahun	4	13,3
Pendidikan		
SMP	7	23,3
SMA	15	50
PT	8	26,6
Pekerjaan		
IRT	16	53,3
Swasta	3	10
Honor	1	3,3
PNS	2	6,7
Paritas		
Primi	6	20
Multigravida	20	66,7
Grande multi	4	13,3

For the characteristics of respondents based on education, most respondents had a high school education (50%). Education is one of the external individual factors that supports healthy living behavior. This is due to the ease in receiving information.

For job characteristics, the majority of respondents' jobs were as housewives, 16 people (53.3%). Mothers who take care of the household have a greater opportunity to provide breast milk, especially when breastfeeding exclusively. Working mothers can still provide breast milk by expressing breast milk.

For parity, most of the respondents, 66.7% (22 people) were multigravida. Respondents who had good experiences during breastfeeding in previous pregnancies had a greater chance of successfully providing breast milk.

**Table 2**  
**Mother's knowledge before and after IPC**

Variable	Pengetahuan sebelum IPC		Pengetahuan setelah IPC	
	f	%	F	%
Baik	17	57	27	90
Kurang	13	43	3	10%

Based on table 2, there is an increase in respondents' knowledge from 17 people (57%) who have good knowledge to 27 (90%) who have good knowledge. This shows the need for education from

midwives about exclusive breastfeeding to respondents. Both before pregnancy and after giving birth (Wijayanti et al., 2023).

**Table 3**  
Mother's attitude before and after IPC

Variabel	Sikap sebelum		Sikap sesudah	
	f	%	f	%
Mendukung	19	63	24	80
Kurang mendukung	11	37	6	20

Based on table 3, it was found that there was an increase in supportive attitudes towards breast milk from 19 respondents (63%) to 24 respondents (80%). The research results are in accordance with research (Safitri et al., 2021). Having media that is easy for respondents to understand will create a supportive attitude because it is based on increasing knowledge through consistent educational efforts (Aritonang et al., 2023).

Based on table 4, the achievement of exclusive breastfeeding was achieved by 27 people (93%). This non-exclusive baby is caused by the baby being sick and the baby not gaining weight for one month. At certain times that can threaten the baby's health, it can happen that the baby is not

given exclusive breast milk (Haurissa et al., 2019). Therefore, mothers need to closely monitor the baby's weight so that it always increases according to the weight gain curve outlined in the MCH book. To prevent delays in weight gain (Assriyah et al., 2020).

**Table 4**  
Achievement of exclusive breast milk

Variabel	Frekuensi	%
Asi eksklusif	28	93
Tidak eksklusif	2	7

**Table 5**  
Respondents' evaluation of the IPC for immunization and KIA

Item	Kategori	%
Kualitas Pelaksanaan penyuluhan	Sangat puas	80
Materi penyuluhan sesuai kebutuhan	Sangat sesuai	78
Manfaat penyuluhan	Sangat sesuai	85
Sarana penyuluhan (booklet)	Baik	80

Based on table 5, it is found that the implementation of IPC received a score above 80% regarding quality, materials, benefits and counseling facilities (booklets). IPC for KIA and immunization is a new thing being implemented at the Community Health Center so continuous efforts are needed so that the achievement of exclusive breastfeeding continues to increase (Munawaroh et al., 2024).

**Bivariate**

Based on table 6, it is known that the statistical test results obtained p value = 0.001, which means less than  $\alpha$  0.05. This shows that there is a relationship between knowledge and the achievement of exclusive breastfeeding.

**Table 6**  
The relationship between knowledge (after IPC) and exclusive breast milk

Pengetahuan	Asi eksklusif				Jumlah		P Value
	Ya		Tidak		n	%	
	n	%	n	%			
Baik	27	90	1	10	28	93,3	0,001
Kurang	1	10	1	10	2	6,67	

Table 7  
Relationship between attitude (after IPC) and exclusive breastfeeding

Sikap	Asi eksklusif				Jumlah		P value
	Ya		Tidak		f	%	
	N	%	n	%			
Mendukung	24	80	1	3,33	25	83	0,002
Tidak mendukung	4	13	1	3,33	5	7	

Based on table 7, based on statistical tests, it is found that vvalue is 0.002, smaller than  $\alpha$  0.05. This shows that there is a relationship between a supportive attitude and the achievement of exclusive breastfeeding.

## DISCUSSION

The relationship between knowledge (after IPC) and exclusive breast milk Based on table 6, it is known that the statistical test results obtained p value = 0.001, which means less than  $\alpha$  0.05. This shows that there is a relationship between knowledge and the achievement of exclusive breastfeeding. The research results are in accordance with research (Angkut, 2020). The existence of IPC activities at the Community Health Center provides an opportunity for respondents to obtain information related to exclusive breastfeeding. And respondents received information support from health workers, in this case midwives and immunization officers regarding the breastfeeding process (Riyadi et al., 2023).

Relationship between attitude (after IPC) and exclusive breastfeeding Based on table 7, based on statistical tests, it is found that vvalue is 0.002, smaller than  $\alpha$  0.05. This shows that there is a relationship between a supportive attitude and the achievement of exclusive breastfeeding. The results of this research are in line with research (Kusumawati, 2021), (Hafid et al., n.d.). The mother's attitude towards exclusive breastfeeding is one of the bases for the formation of exclusive breastfeeding behavior, with an attitude that supports breast milk increasing the success rate of breastfeeding exclusively and after 6 months (Sabriana et al., 2022), (Herman et al., 2021). The existence of IPC provides respondents with the opportunity to get support from KIA and Immunization officers in the form of appropriate information ( Muchtar, et all, 2023) . Mothers who come to the community health center to receive immunization services also receive education about exclusive breastfeeding (Hafid et al., n.d.). A supportive attitude will arise if there is continued support from family and health workers (Rahayu et al., 2019).

IPC carried out at community health centers provides an opportunity for breastfeeding mothers to get information about breast milk. This opportunity could be a rare opportunity due to respondents' ignorance of seeking information about breast milk problems. IPC is also an innovation in community health center management that needs to be implemented by community health centers not only in the field of maternal and child health. IPC opens up opportunities for communication between community health center officers to avoid misinformation and also increase good cooperation.

## CONCLUSION

Kia section IPC and immunization at community health centers influence the achievement of exclusive breastfeeding.

## SUGGESTION

Kia and immunization departments at community health centers can implement IPC on an ongoing basis to increase the achievement of exclusive breastfeeding

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