

MOTHERS OF INFANTS KNOWLEDGE ABOUT HOW TO FEED EXPRESSED BREAST MILK

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ABSTRAK : PENGETAHUAN IBU DARI BAYI TENTANG PEMBERIAN ASI PERAH

Latar Belakang: Air Susu Ibu (ASI) adalah sumber nutrisi ideal bagi bayi, terutama selama 6 bulan pertama. Namun, cakupan ASI eksklusif masih belum optimal. ASI perah menjadi solusi bagi ibu bekerja untuk tetap memberikan ASI eksklusif, sehingga pengetahuan tentang cara pemberian ASI perah menjadi faktor penting.

Tujuan: Mengetahui gambaran pengetahuan tentang cara pemberian ASI perah pada ibu bayi usia 0-6 bulan

Metode: Jenis penelitian ini adalah penelitian deskriptif dengan rancangan cross-sectional. Sampel adalah 35 ibu bayi usia 0-6 bulan yang dipilih secara purposive sampling yang datang ke Klinik Mutiara Bunda pada bulan Oktober. Data diperoleh melalui kuesioner yang telah diuji validitas dan reliabilitasnya dan dianalisis secara deskriptif. Analisis yang digunakan adalah analisis deskriptif dengan menggunakan bantuan software.

Hasil: Terdapat 91,4% ibu bayi berusia 20-35 tahun, 57,2% merupakan multipara, 57,1% berpendidikan menengah, 72,4% merupakan ibu yang bekerja. Terdapat 74,3% ibu bayi yang memiliki pengetahuan baik

Kesimpulan: Ibu bayi dengan pengetahuan kurang cenderung berusia 20-35 tahun, berpendidikan dasar, tidak bekerja, dan pada ibu multipara.

Saran: tenaga kesehatan dapat meningkatkan pemberian KIE tentang cara pemberian ASI untuk mendukung pemberian ASI perah secara efektif.

Kata Kunci: Air Susu Ibu, ASI perah, Pengetahuan

ABSTRACT

Background: Breast milk is the ideal source of nutrition for infants, especially during the first 6 months. However, exclusive breastfeeding coverage is still not optimal. Expressed breast milk is a solution for working mothers to continue providing exclusive breastfeeding, so knowledge about how to provide expressed breast milk is an important factor.

Objective: To determine the knowledge about express breastfeeding among mothers of infants aged 0-6 months.

Methods: This type of research is descriptive research with cross-sectional design. The sample was 35 mothers of infants aged 0-6 months selected by purposive sampling who came to Mutiara Bunda Clinic in October 2024. Data were obtained through a questionnaire that had been tested for validity and reliability and analyzed descriptively. The analysis used was descriptive analysis using software assistance.

Results: There were 91.4% of mothers aged 20-35 years, 57.2% were multiparous, 57.1% had secondary education, 72.4% were working mothers. There were 74.3% of mothers who had good knowledge.

Conclusion: Infant mothers with poor knowledge tend to be 20-35 years old, have primary education, do not work, and are multiparous mothers.

Suggestion: Health workers can increase the provision of breastmilk on breastfeeding to support effective breastfeeding.

Keywords: Breast Milk, Expressed Breast Milk, Knowledge

INTRODUCTION

Exclusive breastfeeding for the first six months of life is highly recommended by the World Health Organization (WHO) because it is proven to provide significant benefits for the health of infants and mothers. Colostrum contained in breast milk is

rich in antibodies that are beneficial to increase the immune system so that it can reduce the risk of death in infants (Lubis, 2022). Breast milk also provides complete nutrition and is easily digested by the baby's immature digestive system, and supports better cognitive development compared to non-

breastfed babies. In addition, breastfeeding has also been shown to reduce the risk of chronic diseases such as obesity, type 1 diabetes, and cardiovascular disease in the future Yuliasri, 2022).

Although exclusive breastfeeding has been regulated in Government Regulation No. 33/2012 on Exclusive Breastfeeding, exclusive breastfeeding coverage in Indonesia has not reached the expected target. The results of the Household Health Survey (SKRT) show that the proportion of infants/children who are exclusively breastfed in Indonesia is only 50% (Ministry of Health of the Republic of Indonesia, 2023b). Based on data from the Indonesian Health Survey (IHS) in 2023, it is known that exclusive breastfeeding coverage in Indonesia in 2023 only reached 44.8%, still below the national target of 50% (IDAI, 2023).

Data from the Bali Provincial Health Office states that exclusive breastfeeding coverage in 2023 will only reach 55% with coverage in Tabanan District reaching 53% (Bali Provincial Health Office, 2023; Tabanan District Health Office, 2023). This data shows a decrease in exclusive breastfeeding coverage when compared to the results of the Basic Health Research (Riskesdas) in 2018, which amounted to 59.7%. This indicates a significant challenge that needs to be addressed immediately.

Low coverage of exclusive breastfeeding can impact the quality of life of the nation's next generation and the national economy (Lubis, 2022). Infants who do not receive exclusive breastfeeding or who are given formula milk face various health risks (Rosyida, 2021). Research shows that infants who are not breastfed have a higher risk of gastrointestinal infections, respiratory infections, allergies and stunting (Victoria et al., 2016).

Expressed breastfeeding is an important solution for mothers who are unable to breastfeed directly, especially for working mothers. Proper provision of expressed breastmilk can provide the same benefits as direct breastfeeding. However, mothers' knowledge and skills in the management of expressed breastmilk, including how to store, prepare and administer expressed breastmilk, are crucial factors in ensuring its effectiveness (Hui et al., 2020). A study conducted in Tasikmalaya City in 2022 found that there was a relationship between mothers' knowledge about expressed breastmilk and expressed breastmilk feeding in working mothers (Nurliawati, 2023). Mothers with good knowledge have a 2.9-fold potential or likelihood of performing proper expressed breast milk management than mothers with poor knowledge (Destianti and Pambudi, 2022).

The preliminary study at Mutiara Bunda Clinic

found that most of the infants who came to visit experienced exclusive breastfeeding failure. This can be seen from the mother or family who brought the baby with formula milk in a bottle. Six out of 10 mothers of infants who visited Mutiara Bunda Clinic did not know how to provide expressed breast milk to their infants. In response, it is important to understand the extent of their knowledge about express breastfeeding. Therefore, the researcher is interested in knowing the description of knowledge about how to give expressed breast milk to mothers of infants aged 0-6 who visit Mutiara Bunda Clinic.

RESEARCH METHODS

This study is a descriptive study with a crosssectional approach using primary data. The sample was 35 mothers of infants aged 0-6 months who came to visit Mutiara Bunda Clinic, Tabanan Regency, Bali during October 2024. The sample was selected using purposive sampling technique, with the inclusion criteria of mothers who were willing to become research respondents and mothers who breastfed their babies. Data were collected using a questionnaire that was previously tested for validity and reliability. The data analysis used is univariate analysis which is displayed in the frequency distribution of each variable.

RESEARCH RESULTS

Mothers of infants aged 0-6 months who visit Mutiara Bunda Clinic are in the age range of 20-35 years, which is 91.4%. As many as 57.2% of respondents were multiparous. In terms of education and employment, pregnant women with secondary education dominated at 57.1% and 72.4% were working mothers.

Table 1
Sociodemographic Characteristics of Mothers of Infants 0-6 Months

| Karakteristik Responden | f | % |
|-------------------------|----|------|
| Age | | |
| < 20 years | 1 | 2,9 |
| 20-35 years | 32 | 91,4 |
| >35 years | 2 | 5,7 |
| Parity | | |
| Primiparous | 15 | 42,9 |
| Multiparous | 20 | 57,2 |
| Education | | |
| Elementary | 3 | 8,6 |
| Secondary | 20 | 57,1 |
| Higher | 12 | 34,3 |
| Work | | |
| Working mother | 25 | 72,4 |

Non-working mother 10 28,6

Most mothers (74.3%) had good knowledge. However, there were still 5.7% of mothers who had poor knowledge.

Poor maternal knowledge on express breastfeeding was more common among mothers aged 20-35 years (6.2%), multiparous mothers (10.0%), primary education (33.3%), and non-working mothers (20.0%).

Table 2
Mothers' knowledge about How to Feed Expressed Breastmilk

| Variable | f | % |
|-----------|----|------|
| Knowledge | | |
| Good | 26 | 74,3 |
| Fair | 7 | 20,0 |
| Poor | 2 | 5,7 |

Table 3
Mothers' Knowledge About How to Feed Expressed Breastmilk Based on Sociodemographic Characteristics

| Respondent Characteristics | Knowledge | | | | | | Total | |
|----------------------------|-----------|------|------|------|------|------|-------|-----|
| | Poor | | Fair | | Good | | | |
| | f | % | f | % | f | % | f | % |
| Age | | | | | | | | |
| < 20 years | 0 | 0,0 | 0 | 0,0 | 1 | 100 | 1 | 100 |
| 20-35 years | 2 | 6,2 | 7 | 21,9 | 23 | 71,9 | 32 | 100 |
| >35 years | 0 | 0,0 | 0 | 0,0 | 2 | 100 | 2 | 100 |
| Parity | | | | | | | | |
| Primiparous | 0 | 0,0 | 3 | 20,0 | 12 | 80,0 | 15 | 100 |
| Multiparous | 2 | 10,0 | 4 | 20,0 | 14 | 70,0 | 20 | 100 |
| Education | | | | | | | | |
| Elementary | 1 | 33,3 | 1 | 33,3 | 1 | 33,3 | 3 | 100 |
| Secondary | 1 | 5,0 | 5 | 25,0 | 14 | 70,0 | 20 | 100 |
| Higher | 0 | 0,0 | 1 | 8,3 | 11 | 91,7 | 12 | 100 |
| Work | | | | | | | | |
| Working mother | 0 | 0,0 | 5 | 20,0 | 20 | 80,0 | 25 | 100 |
| Non-working mother | 2 | 20,0 | 2 | 20,0 | 6 | 60,0 | 10 | 100 |

DISCUSSION

The results showed that most mothers of infants were at productive age or healthy reproductive age (20-35 years). Mothers aged 20-35 years are in the "adulthood" stage, also known as the reproductive period, where in this phase they are expected to have the ability to cope with various problems calmly and emotionally stable, especially in dealing with pregnancy, childbirth, postpartum period, and care of their babies (Humba et al., 2022). However, in this study, there were still 6.3% of mothers of this age who had insufficient knowledge and 21.9% had sufficient knowledge.

Maternal knowledge depends on each individual's interest and ability to seek information and learn and practice that information. Studies show that older mothers tend to have more experience in caring for children, so they may better understand the importance of breastfeeding and proper feeding methods. This experience may increase the mother's

knowledge of the benefits of breastmilk for the baby's health. In contrast, younger mothers, although often more open to new information and more exposed to information technology, may have less experience in breastfeeding or expressing breastmilk, especially if they have never breastfed before (Perangin-Angin et al., 2024).

Younger mothers can also more quickly access the latest information about breastfeeding, especially through technology such as health apps or online support groups. Research by Rahayu and Zulala (2023), showed that although younger mothers may have more limited knowledge initially, they have the ability to learn and apply new techniques through more accessible digital platforms.

The results showed that mothers of infants with higher education tend to have better knowledge compared to mothers of infants with lower education. Studies reveal the level of education greatly

influences the level of knowledge. The higher a person's education, the more likely they are to have broader and deeper knowledge about various topics (Yilmaz and Yildirim, 2016). In addition, mothers with higher education tend to be more receptive to information from various media so as to increase their knowledge related to expressed breast milk. In line with the results of research by Rahmawati and Prayogi (2017) which states that a person's education can affect the ability and knowledge of mothers in breastfeeding. The more information received by the mother, the better her knowledge and the behavior shown.

The respondents were dominated by working mothers. The results of this study are in line with the results of previous studies which show that the prevalence of exclusive breastfeeding in working mothers is quite high (Ulfah and Nugroho, 2020). According to Okawary (2015), working mothers generally have a higher level of education, because employment opportunities are more available for those with higher education. This is due to the fact that non-working mothers have more time and opportunity to breastfeed their babies than mothers who work outside the home (Hanifah, Astuti and Susanti, 2017).

In this study, working mothers tended to have better knowledge than non-working mothers. Working mothers have a wider social environment than non-working mothers. This allows mothers to access more information including about breastfeeding. The influence of information from coworkers and other information that mothers get during work increases knowledge about expressed breast milk (Badolo et al., 2022).

Most mothers of newborns have only one child or the baby they have in the study is the first child. Mothers of babies with fewer parities tend to have better knowledge than mothers of babies who have more than one child. This finding is different from the results of Mawaddah's research (2020) which found that the number of children a mother has can affect her knowledge about breastfeeding. Mothers who have more than one child tend to have more experience, which has an impact on their knowledge about breastfeeding.

CONCLUSION

There were 74.3% of mothers with good knowledge. Infant mothers who had poor knowledge on how to feed expressed breastmilk tended to be found in mothers aged 20-35 years (6.2), multiparous mothers (10.0%), mothers with primary education (33.3%), and non working mother (20%).

SUGGESTION

Midwives increase education on express breastfeeding to increase the knowledge of mothers and families to improve exclusive breastfeeding outcomes.

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