

FACTORS INFLUENCING EARLY INITIATION OF BREASTFEEDING (IMD) IN MOTHERS AFTER POST-SECTION CAESAREAN

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ABSTRAK : FAKTOR YANG MEMPENGARUHI PEMBERIAN INISIASI MENYUSUI DINI (IMD) PADA IBU POST SECTIO CAESAREA

Latar Belakang: Inisiasi Menyusu Dini merupakan proses alami dengan memberikan kesempatan kepada bayi untuk mencari dan menghisap ASI sendiri, dalam satu jam pertama pada awal kehidupannya. Manfaat memberikan ASI bagi ibu tidak hanya menjalin kasih sayang, tetapi dapat mengurangi perdarahan setelah melahirkan, mempercepat pemulihan kesehatan ibu, menunda kehamilan, mengurangi risiko terkena kanker payudara, dan merupakan kebahagiaan tersendiri bagi ibu. Tujuan: penelitian ini untuk mengetahui faktor yang mempengaruhi Pemberian insiasi menyusui dini (IMD) pada ibu *post sectio caesarea* di Rumah Sakit Muhammadiyah. Metode: jenis penelitian kuantitatif dengan desain penelitian yang digunakan adalah *cross sectional*. Penelitian dilakukan di Rumah Sakit Muhammadiyah Tahun 2025. Waktu penelitian bulan Januari s/d April Tahun 2025. Populasi adalah seluruh ibu *post sectio caesarea* di Rumah Sakit Muhammadiyah Tahun 2025 berjumlah 32 orang. Sampel diambil secara *accidental sampling* berjumlah 32 orang. Analisa data dengan univariat, bivariat dan multivariat dengan uji chi square dan regresi logistik. Hasil: hasil uji statistik dengan uji regresi logistik diperoleh nilai signifikan, artinya dari tiga variabel yaitu pengetahuan, dukungan suami dan sikap, pengaruh yang paling dominan yang berpengaruh adalah dukungan suami dengan nilai 0.006 pada ibu post partum di Rumah Sakit Muhammadiyah Medan Tahun 2025. Kesimpulan: Uji regresi logistik pada tahap pertama semua variabel berpengaruh setelah dilakukan tahap kedua hanya dukungan suami yang paling dominan berpengaruh terhadap pemberian Inisiasi Menyusui Dini Pada Ibu Post Sectio Sacearia Di Rumah Sakit Muhammadiyah Medan. Saran: bagi tempat penelitian diharapkan agar dapat meningkatkan lagi penyuluhan agar pengetahuan ibu, dukungan suami dan sikap tentang menyusui semakin bertambah serta dapat menumbuhkan kesadaran ibu.

Kata Kunci: Pengetahuan, Dukungan Suami, Sikap, Pemberian IMD

ABSTRAK

Latar Belakang: Early Breastfeeding Initiation is a natural process by giving the baby the opportunity to find and suck breast milk on their own, within the first hour of their life. The benefits of breastfeeding for mothers are not only to establish affection, but can reduce bleeding after giving birth, accelerate the recovery of the mother's health, delay pregnancy, reduce the risk of breast cancer, and is a joy in itself for the mother. Tujuan: This study aims to determine the factors that influence the provision of early initiation of breastfeeding (IMD) in post-cesarean mothers at Muhammadiyah Hospital. Metode: The type of quantitative research with the research design used is cross sectional. The study was conducted at the Muhammadiyah Hospital in 2025. The research time was January to April 2025. The population was all post-cesarean mothers at the Muhammadiyah Hospital in 2025 totaling 32 people. The sample was taken by accidental sampling totaling 32 people. Data analysis with univariate, bivariate and multivariate with chi square tests and logistic regression. Hasil: The results of the statistical test with the logistic regression test obtained a significant value, meaning that of the three variables, namely knowledge, husband's support and attitude, the most dominant influence was husband's support with a value of 0.006 on postpartum mothers at the Muhammadiyah Hospital in Medan in 2025. Kesimpulan: Logistic regression test in the first stage all variables have an effect after the second stage is carried out only the husband's support has the most dominant effect on the provision of Early Breastfeeding Initiation in Post Sectio Sacearia Mothers at the Muhammadiyah Hospital Medan. Saran: For research sites, it is hoped that they can further improve counseling so that mothers' knowledge, husbands' support and attitudes about breastfeeding increase and can raise mothers' awareness..

Keywords: Knowledge, Husband's Support, Attitude, Giving IMD.

INTRODUCTION

The World Health Organization (WHO) has recommended the implementation of IMD in newborns which will prevent 22% of infant deaths under one month in developing countries. IMD plays a role in achieving the Millennium Development Goals (MDGs) which have now changed to SDG's, namely helping to reduce poverty, hunger, and child and toddler mortality. Considering the importance of IMD, it is only right that this program needs more attention (Handayani 2019).

To support the previous government program, namely the Millennium Development Goals (MDG's) which have not been achieved, the government is currently continuing the MDG's program to become the Sustainable Development Goals (SDG's) program which is a reference in the development framework and negotiations of countries in the world with the concept of the SDG's program is a continuation of the MDG's concept (Ministry of Health of the Republic of Indonesia (WHO 2020).

According to the 2018 Indonesian Demographic and Health Survey (SDKI), the number of mothers who provide IMD to babies only reaches 42% of the birth rate, while data with a sample of 6,877 last children born within the period of the birth rate. Infant Mortality Rate (IMR) and Maternal Mortality Rate (MMR) are still one of the health problems in Indonesia (SDKI, 2018).

Early breastfeeding has a positive impact on both the mother and her baby. The benefits of breastfeeding for mothers are not only to establish affection, but can reduce bleeding after giving birth, accelerate the recovery of the mother's health, delay pregnancy, reduce the risk of breast cancer, and is a joy in itself for the mother (Inke 2024).

Early breastfeeding is one of the interventions that can significantly reduce infant mortality. The World Alliance for Breastfeeding Action (WABA) estimates that 1 million babies can be saved each year if they are given breast milk in the first hour of birth. (BPS, 2021).

Meanwhile, government regulation no. 33 of 2012 concerning Exclusive Breastfeeding in articles 9 and 13 emphasizes the active role of health workers assisting in childbirth in providing education and assisting in the implementation of IMD and Exclusive Breastfeeding. The purpose of this government program is as a life-saving program. Because IMD can save 22% of babies who die before the age of one month. Breastfeeding for the first hour and making skin contact between mother and baby are global indicators that are part of the government's program (Ministry of Health, 2020).

Early Breastfeeding Initiation (IMD) coverage in North Sumatra Province in 2024 reached 59.97%. This figure shows an increase compared to previous data from Riskesdas 2017, which recorded IMD coverage in North Sumatra at 33.1%. Despite the increase, IMD coverage in North Sumatra is still below the national target set in the National Medium-Term Development Plan (RPJMN), which is 80%. This indicates the need for further efforts to increase awareness and practice of IMD among the community and health workers in this province.

The United Nations Children's Fund (UNICEF) also stated that IMD is one of the 10 steps towards successful breastfeeding that will have a positive impact on the health of mothers and babies. Babies who are given the opportunity to breastfeed early are eight times more successful in exclusive breastfeeding and breastfeeding for a long time until the age of 2 years (Musriah 2018), (Sulityaningsih, 2020).

According to (Handayani 2019) From the results of a study conducted by Halimah Umar entitled Determinant Factors of Early Breastfeeding Initiation Implementation in Parepare City. Mothers who do not provide IMD are fewer than those who provide IMD. The variables of knowledge, attitude, socio-economic, exposure to formula milk promotion and family support have a significant relationship between the implementation of IMD and knowledge are not related. Based on the coefficient p value in the bivariate analysis, the most related is the variable of exposure to formula milk, which means the relationship is strong. While the results of the multivariate analysis show that of the 5 variables analyzed, only 2 variables are significant, namely the variable of formula milk promotion and family support (Indrayani 2020).

Based on data from the Muhammadiyah Hospital in Medan, the high number of deliveries assisted by health workers is 70.53% which should be followed by a high coverage of IMD implementation. However, what happened was the opposite, the Muhammadiyah Hospital is one of the hospitals with low IMD coverage. This shows a fairly concerning situation so that serious and immediate efforts are needed to increase the success of the IMD program.

The low coverage of IMD implementation is influenced by several factors, especially the limited number of breastfeeding counselors in health care facilities, the less than optimal educational activities, advocacy and campaigns related to IMD implementation, in addition, cognitive factors are also very important factors in forming a person's attitudes and actions. Knowledge based on proper

understanding will foster new behaviors that are expected, especially independence in implementing IMD because implementing IMD is very beneficial for babies.

From the description above, it is important to provide IMD to babies after birth to improve the health of babies. Therefore, the author is interested in researching the factors that influence the provision of Early Breastfeeding Initiation (IMD) in Post-Cesarean Section mothers at the Muhammadiyah Hospital in Medan.

RESEARCH METHODS

The type of quantitative research is where the underlying problem is that the researcher takes data, determines variables and then measures them with numbers so that analysis can be carried out in accordance with applicable statistical procedures. (Nursalam 2016). Data collection was carried out with primary and secondary data. The location of the study was at the Muhammadiyah Hospital in Medan. This study was conducted from January to April 2025. The population in this study were all research subjects, namely all mothers who gave birth by caesarean section in January to April 2025, totaling 32 respondents at the Muhammadiyah Hospital in Medan. The sample in this study was all mothers who gave birth by caesarean section at the Muhammadiyah Hospital in Medan using the

accidental sampling technique. Data analysis with univariate, bivariate and multivariate with the chi square test and logistic regression..

RESEARCH RESULTS

Table 1
Characteristics of Respondents Based on Age and Education at Muhammadiyah Hospital

Characteristics	Amount	
	f	%
Age		
<20 Year	16	50,0
20-35 Year	9	28,1
>35 Year	7	21,9
Education		
Primary Education	18	56,3
Secondary Education	11	34,4
Higher Education	3	9,4

Based on Table 1. it can be seen that the characteristics of respondents based on age, the majority are <20 years old, namely 16 (50.0%) respondents, and the minority are >35 years old, namely 7 (21.9%) respondents. Meanwhile, based on education, the majority are elementary education, namely 18 (56.3%) respondents, and the minority are higher education, namely 3 (9.4%) respondents.

Table 2
The Relationship between Mother's Knowledge and Early Initiation of Breastfeeding in Post-Cesarean Section Mothers at Muhammadiyah Hospital Medan

Knowledge	Early Initiation of Breastfeeding				Amount		Sig P
	Given IMD		Not Given IMD				
	F	%	F	%	f	%	
Good	0	0,0	8	25,0	8	25,0	0.047
Less	9	28.1	15	46.9	24	75.0	

Based on table 2. the results of statistical tests with the chi-square test at a 95% confidence level with $\alpha = 0.05$ obtained sig. (2-sides) $0.047 < 0.05$ obtained

a relationship between maternal knowledge and the provision of early breastfeeding initiation at the Muhammadiyah Hospital Medan.

Table 3
The Relationship between Husband's Support and Early Initiation of Breastfeeding in Post-Cesarean Section Mothers at Muhammadiyah Hospital Medan

Husband Support	Early Initiation of Breastfeeding				Amount		Sig P
	Given IMD		Not Given IMD		f	%	
	F	%	F	%			
Support	7	21,9	6	18,8	13	40,6	0.011
No Support	2	6,3	17	53.1	19	59.4	

Based on table 3, the results of the statistical test with the chi-square test at a 95% confidence level with $\alpha = 0.05$ obtained sig. (2-sides) $0.011 < 0.05$. Based on the results of the chi square

statistical test, it was found that there was a relationship between husband's support and the provision of early breastfeeding initiation at the Muhammadiyah Hospital in Medan.

Table 4
Relationship of Attitudes with Early Initiation of Breastfeeding in Post-Cesarean Section Mothers at Muhammadiyah Hospital Medan

Attitude	Early Initiation of Breastfeeding				Amount		Sig P
	Given IMD		Not Given IMD		f	%	
	F	%	F	%			
Positive	0	0,0	9	28,1	9	28,1	0.029
Negative	9	28.1	14	43.8	23	71.9	

Based on table 4, the results of the statistical test with the chi-square test at a 95% confidence level with $\alpha = 0.05$ obtained sig. (2-sides) $0.029 < 0.05$. Based on the results of the chi square statistical test, it was found that there was a relationship between attitudes and the provision of early breastfeeding initiation at the Muhammadiyah Hospital in Medan.

Table 5
Analysis of candidate's of Knowledge, Husband Support, Attitude, (n=32, Logistic Regression Test)

Dominant factor	Significant	Result
Knowledge	0.041	Significant
Husband's Support	0.007	Significant
Attitude	0.027	Significant

Based on table 5, the results of the statistical test with the logistic regression test obtained a significant value, meaning that there is an influence of knowledge with a sig value of 0.041, there is an influence of husband's support with a sig value of 0.007 and there is an influence of attitude towards providing early initiation of breastfeeding with a sig value of 0.027.

Table 6
Selection Process in Selecting Candidate Knowledge, Husband Support, Attitude, (n=32, Logistic Regression Test)

Dominant factor	Significant	Result
Knowledge	0	No effect
Husband's Support	0.006	Effect
Attitude	0	No Effect

Based on table 6, the results of the statistical test with the logistic regression test obtained a

significant value, meaning that of the three variables, namely knowledge, husband's support and attitude, the most dominant influence is husband's support with a value of 0.006.

DISCUSSION

The Relationship between Mother's Knowledge and Early Initiation of Breastfeeding in Post-Cesarean Section Mothers at Muhammadiyah Hospital Medan.

Knowledge is the result of "knowing" and occurs after a person senses a particular object. Sense occurs through the five senses of sight, hearing, smell, taste and touch so that most of human knowledge is obtained through the eyes and ears, so knowledge is the result of our senses (Nursalam, 2016).

Knowledge is also obtained from personal experience or the experience of others, in this case the mother's level of knowledge influences the provision of early breastfeeding initiation in post-section case mothers. Knowledge or cognitive is a very important domain in determining a person's actions. The knowledge factor becomes personal considerations of an individual or group that influence behavior. These considerations can support or hinder the provision of early breastfeeding initiation in post-section case mothers (Deslima, 2019), (Gaol, 2020).

According to the researcher's assumption, good respondent knowledge is because the respondent knows what the purpose and benefits of early breastfeeding initiation are (Gontana, 2019), while knowledge is associated with respondents who are knowledgeable but do not carry out early breastfeeding initiation. This is because the respondent's knowledge has not reached the application level (implementing), but is still at the know level. The application of knowledge

possessed by post-section case mothers is not applied after delivery for themselves, let alone to share the knowledge they have with other people or those closest to them so that the knowledge they have does not develop. At this time, the mother is developing a new way of thinking to make her own decisions (Syukaisih, 2020).

Respondent knowledge is categorized as lacking due to the lack of information obtained during counseling regarding the importance of early breastfeeding initiation. Many do not know that Early Initiation of Breastfeeding has many benefits for mothers and their babies during breastfeeding. (Harahap, 2021) Through counseling provided during post-section case, it can increase the knowledge of post-section case mothers about the importance of Early Initiation of Breastfeeding (Harwati, 2020).

The reason why there are still respondents who have knowledge in the category of less, is due to several factors that influence, including the lack of information delivery regarding problems that occur during post-section case, so that mothers do not initiate early breastfeeding. On average, mothers get information about the importance of early initiation of breastfeeding by exchanging ideas or opinions, and experiences. Lack of information about matters related to Early Initiation of Breastfeeding is often a problem that makes mothers make the wrong decision. In addition, low knowledge can also cause delays in making decisions, so that mothers cannot initiate early breastfeeding, so that post-section case mothers do not initiate early breastfeeding.

The Relationship between Husband's Support and Early Initiation of Breastfeeding in Post-Cesarean Section Mothers at Muhammadiyah Hospital Medan.

The results of this study indicate that the more positive support given by the husband to the mother who implements IMD, the implementation of IMD will be fully implemented. The results of the analysis show that there is a significant relationship between husband's support and Early initiation of breastfeeding with a p value = 0.011.

This result is in accordance with the research of Suryani and Mularsih stating that from the analysis results obtained there is a relationship between husband's support in the implementation of early breastfeeding initiation carried out by mothers on babies after postpartum at BPS Semarang. Of the 18 only 14 respondents received husband's support for the success of the implementation of IMD with a percentage of 77.8%, while those who

did not receive husband's support, the results obtained that out of 12 respondents only 9 respondents were unsuccessful in implementing IMD 75%

Husband's support is a form of interaction in which there is a relationship of mutual giving and receiving of real assistance carried out by the husband towards his wife. The husband is the closest person to the breastfeeding mother whose presence is always expected to be by the mother's side and is always ready to provide assistance. The support that the husband provides continuously can affect the mother's success in breastfeeding. (Syahda, 2019).

The results of another study by Chalifiyah on the role of husbands in supporting the implementation of IMD at RSUD Dr. Wahidin Sudiro Husodo Mojokerto found that 18 respondents almost half of the respondents had a negative role in supporting the implementation of IMD, namely 33.3% and almost half of the respondents had a positive role in supporting the implementation of IMD, namely 66.7%.

Support is an attitude given by the family, which makes family members able to function with various skills and intelligence, one example is providing attention, affection, and empathy given by the family, especially by the husband (Sukarini, 2019).

Husband's support is the most meaningful support for mothers. Fathers can play an active role in the success of the implementation of IMD. Husbands simply provide emotional support and play an active role by providing practical assistance such as preparing the mother's needs during the IMD implementation process and providing food and drink. Therefore, husband's support is one of the influencing factors. The results of several studies by (Maulina (2019) dan Keni (2020) which has been done on the relationship between the labor process and the implementation of IMD, the results showed that the success of IMD in the normal labor process was better and more successful than in cesarean section delivery. The results of this study are related to research in Japan that one of the factors that can influence mothers to not be able to do IMD is in CS delivery and because of the influence of anesthesia when the mother operated and after the operation the breast milk has not come out (Amalia, 2020).

According to the researcher's assumption, the cause of the lack of full implementation of IMD is because there are still many husbands who have the wrong opinion that breastfeeding is the business of the mother and her baby. Most husbands think that it is enough to just be a passive observer. In

fact, the husband has a very influential role in determining the success of the mother in breastfeeding. A husband who pays attention to the mother after giving birth can influence the smoothness of the breast milk release reflex (let down reflex) which is also greatly influenced by the mother's emotional state or feelings. The involvement of the husband in the IMD process will provide motivation for the mother in breastfeeding her child, if the mother already has support and motivation from her husband in the process of implementing IMD and breastfeeding her child, the mother will automatically be optimistic and motivated to produce a lot of breast milk for her baby.

Relationship between Attitude and Failure of Early Breastfeeding Initiation in Post-Cesarean Section Mothers at Muhammadiyah Hospital Medan

The results of this study indicate that there is a significant relationship between maternal attitudes and the failure of Early Breastfeeding Initiation (IMD) in post-cesarean section mothers. Interestingly, the findings show that mothers with negative attitudes towards IMD are more numerous than those with positive attitudes, which contributes to the high rate of IMD failure in Muhammadiyah Hospital Medan.

This finding is in line with Lawrence Green's theory in the PRECEDE-PROCEED model, which states that attitude is a predisposing factor that influences a person in making health decisions, including in breastfeeding. If the mother has a negative attitude or does not support IMD, then it is likely that the mother will not have the will or motivation to implement it, even though the facilities and infrastructure are available (Nuli, 2023), (Arifuddin, 2019).

In addition, Fishbein and Ajzen's theory (Theory of Reasoned Action) also explains that attitudes towards a behavior will affect intentions and ultimately the behavior itself. In this context, a mother's negative attitude towards IMD can lead to low intentions to implement IMD, especially in post-cesarean conditions, where mothers need more help in the early breastfeeding process.

Several previous studies also support these results. Study by (Narula, 2019) at Dr. Soetomo Hospital Surabaya found that post-CS mothers with less supportive attitudes were 2.5 times more likely to experience IMD failure than mothers with positive attitudes. Another study by Fitriani (2020) also revealed that the lack of belief in the benefits of IMD and physical discomfort after surgery caused

negative attitudes that led to failure in implementing IMD.

The researcher's assumption in this study is that the cesarean section procedure increases physical and psychological barriers, and if not balanced with a positive attitude and environmental support, mothers will be increasingly reluctant to implement IMD. The researcher suspects that lack of information, fear of pain, and the perception that IMD can only be done by mothers giving birth normally contribute to the formation of these negative attitudes. This condition emphasizes the importance of effective education and assistance for pregnant women, especially those at risk of undergoing cesarean section. Health promotion efforts should be carried out since antenatal care (ANC), with an emphasis on the benefits of IMD, how to implement it for SC mothers, and empowering health workers to proactively encourage the implementation of IMD in the operating room and recovery room.

CONCLUSION

Based on the results of the study conducted on factors that influence the provision of early breastfeeding initiation in post-section mothers at the Muhammadiyah Hospital in Medan in 2025, it can be concluded by using the chi square test that there is a relationship between maternal knowledge, husband's support and attitude, while by using the logistic regression test in the first stage all variables have an effect after the second stage is carried out, only husband's support is the most dominant influence on the provision of early breastfeeding initiation in post-section mothers at the Muhammadiyah Hospital in Medan.

SUGGESTION

For the research site, the Muhammadiyah Medan Hospital should be able to improve counseling so that mothers' knowledge about Early Breastfeeding Initiation (IMD) increases and can raise mothers' awareness of the importance of early breastfeeding initiation so that they have the will to provide early breastfeeding initiation to their children. Husband's support greatly influences the participation of mothers in providing early breastfeeding.

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