

Factors That Influence Mothers In Early Breastfeeding In Polindes Temuan Sari Musi Rawas District

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ABSTRACT

Introduction: Inappropriate provision of early complementary feeding not only disrupts the nutritional intake that babies should receive, but also disrupts the baby's digestion because the digestive system is not yet able to digest or break down the food. The coverage of exclusive breastfeeding in infants aged 0-6 months in the Working Area of the Findingsari Village Health Center, Musi Rawas Regency is still low. The purpose of this study was to determine the factors for providing early complementary feeding in infants aged 0-6 months in the Working Area of the Findingsari Village Health Center, Musi Rawas Regency. The design of this study is descriptive analytical with a cross-sectional approach. The sample of this study was all mothers who had babies aged (0-6) months who were in the working area of the Findingsari Village Health Center, Musi Rawas Regency, totaling 63 people. This study used univariate and bivariate analysis. The results of the univariate analysis of this study showed that from 63 respondents, almost all (49.2%) had a supportive attitude, more than half (54.0%) were working, almost all (44.4%) whose husbands supported and more than half (61.9%) who provided Early MP ASI. The results of the bivariate analysis obtained attitudes with a value of $p = 0.001 \leq \alpha = 0.05$, mother's job with a value of $p = 0.005 \leq \alpha = 0.05$ and husband's support with a value of $p = 0.007 \leq \alpha = 0.05$. Results research This show variable attitude most big relate with provision of early complementary feeding for babies aged 0-6 months at the Findingsari Village Health Center, Musi Rawas Regency. It is hoped that the health center will increase the dissemination of information through counseling to society through role cadres to increase knowledge about the importance of providing exclusive breastfeeding.

INTRODUCTION

Breast milk (ASI) is the first food of life (Margaret Lawson, 2019). Breast milk (ASI) is very beneficial for the baby's immunity because it contains very important substances that have been proven to fight various infections, such as ARI, ear inflammation, blood infections and so on (Simkin, 2019). The World Health Organization (WHO) and UNICEF in 2020 reported that 136.7 million babies were born in the world and only (32.6%) of them were given exclusive breastfeeding in the first 6 months. This means that the percentage of coverage of early complementary feeding reached (67.4%) in babies in the first 6 months. Based on data from WHO, the coverage of exclusive breastfeeding worldwide was only around (36%) during the period (2001-2021). Based on data from the Central Statistics Agency (2023) in Indonesia, babies who receive exclusive breastfeeding are only (30.2%) while babies who do not receive exclusive breastfeeding are (69.8%), this means that babies who receive complementary feeding aged 6- 24 months are (30.2%) and those who received early complementary feeding are (69.8%). Meanwhile, the scope of providing exclusive breastfeeding to babies up to 6 months of age is Coverage breast milk exclusive Indonesia in 2022 recorded only 67.96%, down from 69.7% in 2021, indicating the need for more intensive support so that this coverage can increase. (Central Bureau of Statistics, 2023). According to the World Health Organization (WHO), the global average rate of breastfeeding in the world in 2019 was only 38%, WHO is targeting 2025. the number of exclusive breastfeeding at the age of 6 months of birth increased by at least 50%. Achievements in exclusive breastfeeding are still relatively low and this is due to the failure to provide exclusive breastfeeding. The coverage of exclusive breastfeeding collected in the Province South Sumatra has achieved the target of 60.7%. However, there are several areas that have not yet met the target in providing exclusive breastfeeding to children under 6 months, namely Musi Rawas Regency as much as 46.8%, Ogan downstream regency as much as 45.8% and North Musi Rawas Regency as much as 40.4 % (South Sumatra Health Office, 2020). Regency Musi Rawas occupies on order third. Wrong One subdistrict In Musi Rawas Regency, the coverage of exclusive breastfeeding is still low, namely the sub-district Estuary Surround yourself. Region Work Health Center Estuary Surround yourself there are 15 villages, one of which is the village of Finding Sari. Of the 15 villages/polindes in the working area of the Muara Kelingi Health

Center, the Finding Sari Village Health Center is one of the village health clinics with the lowest exclusive breastfeeding coverage, namely (45.07%) among other village health clinics. The phenomenon of the lack of or failure to provide exclusive breastfeeding and the increase in the provision of complementary foods is caused by several factors, including: inadequate knowledge of mothers about exclusive breastfeeding, the circulation of bad myths, and the busyness of mothers working and in short leave give birth to (Roesli, 2020). Besides that, education level, work status, socio-economic, socio-cultural, maternal attitudes, health worker attitudes, mother's conditions, baby's conditions (Suparyanto, 2020). So that implementation of exclusive breastfeeding is difficult to implement and early complementary feeding is an option. Inappropriate EARLY complementary feeding not only disrupts the nutritional intake that the baby should receive, but also disrupts the baby's digestion because the digestive system is not yet able to digest or break down the food. As is known, the baby's digestive system will only be ready to digest food with a denser contour than breast milk after the age of 6 months and above (Ministry of Health of the Republic of Indonesia, 2019). The risk that occurs if a baby is given complementary feeding before the age of 6 months can increase the risk of allergies, which are caused by the surrounding cells. the intestines are not ready to accept content from food that causes allergies. It can also increase the risk of infection, this is due to the immune system. body immunity of the baby who is aged not enough from six months Not yet optimally by providing food other than breast milk, is the same as giving bacteria the opportunity to attack and infect the baby's body (Riskani, 2020). The magnitude of the factors that cause risks in providing complementary feeding Early childhood, among other factors, is the mother's attitude which is a factor in providing early MP ASI. Attitude is one of the factors that drives someone's actions. If a mother has a good or positive attitude towards giving early MP breast milk then the action her baby will take when giving it MP breast milk Early Also Good And positive, in matter This giving MP breast milk Early is given when the baby is over 6 months old by paying attention to the physical and psychological readiness of the baby as well as the quality and types of complementary foods so that the baby's nutritional needs are met properly (Hajrah, 2021). The mother's job is related to the mother's daily activities to meet her life needs. The mother's job is one of the many reasons why working mothers have difficulty providing exclusive breastfeeding so that they switch to early MP ASI. In this case, the length of time a mother leaves her baby to work every day is the reason for giving additional food to babies under the age of 6 months (Praise, 2021). Support husband Also influential in action and the mother's attitude towards providing early complementary foods. High husband support for providing complementary foods has a negative effect on the baby's health. This is explained that usually the family or husband who provides a good role or support will encourage the mother not to provide complementary foods to babies before the age of 0-6 months (Orindajulatin, 2021). The time for giving early MP ASI is mostly given at the age of 6 months or even There is given before 6 months. At age This muscle nerve in The baby's mouth is not yet developed. Before the age of 4 months, the baby will push food out of his mouth because not yet can control the movement of his tongue well. Some types of complementary foods that are given to breast milk are usually fruit, especially banana and pawpaw, then traditional foods such as artificial porridge milk alone and also there are normal foods provided for canned babies (WHO, 2019).

RESEARCH METHODS

This type of research is a correlation analytical method with a cross-sectional design. Correlation analytical study is a technique used to analyze the connection of independent and dependent variables (Lapau, 2019). Cross sectional is a study to study the correlation between risk factors by means of an approach or data collection at once at a certain time only (Ariani, 2018).

Univariate Analysis

Univariate analysis aims to explain or describe the characteristics of each research variable (Notoatmodjo, 2020). Univariate analysis in this study to describe the factors that influence the provision of complementary feeding using quantitative descriptive techniques with the formula:

$$P = \frac{F}{n} \times 100$$

Bivariate Analysis

If univariate analysis has been carried out, the characteristics or distribution of each variable will be known, and bivariate analysis can be continued. Bivariate analysis is carried out on two variables that are suspected of being related or correlated (Notoatmodjo, 2021). Data were analyzed using statistical test X^2 (Chi-square) with a confidence level of 95% or $\alpha = 0.05$. The closeness of the

relationship is seen using the OR (olds ratio) value. Data is processed using a computerized program. The results can be analyzed as follows: a. If the P-value < 0.05, it means that there is a relationship between the husband's attitude, work and support with the provision of early complementary feeding. b. If the P-value > 0.05 means there is no relationship between attitude, work and husband's support with the provision of early complementary feeding.

RESULTS

Univariate analysis is used to explain or describe the characteristics of each research variable, and only produces frequency distribution and percentage of each variable.

Table1 Frequency Distribution Of Attitudes, Occupation, Husband's Support, And Provision Of Early Complementary Feeding To Infants Aged 0-6 At The Findingsari Polindes.

Variables	Frequency (n=35)	Presentation (100%)
Attitude		
Support	17	49.2
No Support	18	50.8
Work		
Work	19	54.0
No Work	16	46.0
Support Husband		
Support	15	44.4
No Support	20	55.6
MP breast milk Early		
Yes	21	61.9
No	14	38.1

Based on table1, it was found that out of 35 respondents, almost all of the respondents (49.2%) had a supportive attitude, most of the respondents (54.0%) were working, almost all of the respondents (44.4%) whose husbands supported them and most of the respondents (61.9%) provided early MP ASI.

Bivariate Analysis

Bivariate analysis was conducted to determine the relationship between attitude, work and husband's support with the provision of complementary feeding. on infants aged 0-6 at Polindes The findings of the extract using the Chi-square statistical test (X 2). The data are shown in the following table:

Table 2 Relationship Between Attitude, Occupation And Husband's Support Towards Providing Complementary Feeding To Babies Aged 0-6 At The Finding Sari Village Health Center.

Variables Independent	Giving MP breast milk Early				Total	P
	YES		No			
	N	%	N	%		
Supportive Attitude	14	83.9	3	16.1	17	0.001
No support	7	40.6	11	59.4	18	
Work Work	15	79.4	4	20.6	19	0.005
No Work	7	41.4	9	58.6	16	
Support Support	12	82.1	3	17.9	15	0.007
No Support	9	45.7	11	54.3	20	

Based on table 2, it is obtained that almost all respondents (83.9%) had a supportive attitude giving complementary feeding early and most of the respondents (59.4%) had an attitude that did not support providing early MP ASI. The results of the statistical test obtained $p = 0.001 \leq \alpha = 0.05$. This shows that statistically there is a significant relationship between attitudes and the provision of MP ASI in infants aged 0-6 at the Findings Sari Polindes. Based on table 2, it was found that almost all respondents (79.4%) worked to provide early MP ASI and most of the respondents (58.6%) did not provide early MP ASI. The results of the statistical test obtained $p = 0.005 \leq \alpha = 0.05$. This shows that statistically there is a significant relationship between work and giving MP breast milk to babies ages 0-6 at the Finding Sari Village Health Center. Based on table 2, it was found that almost all respondents (82.1%) husbands supported providing early MP ASI and most respondents (54.3%) husbands did not support providing early MP ASI. The results of the statistical test obtained $p = 0.007 \leq \alpha = 0.05$. This shows that statistically there is a significant relationship between husband's support and the provision of MP ASI in infants aged 0-6 at the Findingsari Polindes.

DISCUSSION

Connection Attitude with the provision of MP breast milk. The results of the study obtained that almost most respondents (49.2%) had an attitude of supporting the provision of early MP ASI to their babies. The large number of mothers who provide early MP ASI can be caused by a low level of knowledge according to their final education level (85.7%) still have a final education below or equivalent to high school. If someone has a low level of education, it will hinder the development of a person's attitude towards receiving new information. Highly educated mothers have good knowledge and have broad perspectives and insights so that when seeking information about... the importance of giving breast milk exclusively. Effort Which must be done by health workers, namely providing information, counseling and motivation. The results of the study showed that almost half (40.6%) of respondents had an attitude that did not support giving early MP ASI to their babies. This could be caused by the level of understanding and knowledge that is low. And it can also be caused by customs or supporting family and husband to the mother to provide early MP ASI. So that Mothers are encouraged to provide early complementary feeding to their babies. Attitude is one of the factors that encourages actions to be taken. some one. If a mother has a good or positive attitude towards giving complementary foods, then the actions that will be given by her baby in giving complementary foods will also be good and positive, in this case the provision of complementary foods is given when the baby is over 6 months old by paying attention to the physical and physiological readiness of the baby and the quality and types of complementary foods so that the baby's nutritional needs are met properly (Hajrah, 2019). The results of the study showed that there was a meaningful relationship between attitudes and MP grant breast milk on babies aged 0-6 in Village Health Clinic Findings Sari. The results of this study agree with Ginting's (2021) research on the influence of characteristics, internal and external factors of mothers on the provision of complementary feeding. EARLY Early on babies aged < 6 months in the region Work Health Center Barusjahe Karo Regency, North Sumatra Province, which shows that there is a relationship between attitudes and the provision of Early MP-ASI in infants aged < 6 months in the work area of the Barusjahe Health Center, Karo Regency, North Sumatra Province. (Ginting, 2021) The results of this study are in line with research conducted by Lina (2018) on the relationship between knowledge and attitudes of mothers towards providing MP ASI too early in Blang Kandis Village, Bandar Pusaka District, Aceh Tamiang Regency in 2018 , which showed that there was a relationship between knowledge and attitudes of mothers towards providing MP ASI too early. early in Blang Kandis Village, Bandar Pusaka District, Aceh Tamiang Regency in 2018. The results of this study are also in accordance with the study conducted by Kursani (2019) on factors related to the provision of early complementary foods to infants at the Payung Sekaki Health Center, Pekanbaru City in 2019 which showed that there was a relationship between attitudes and the provision of early complementary foods to infants at the Payung Sekaki Health Center, Pekanbaru City. (Lina, 2018) The results of this study are in accordance with the opinion of Imelda (2020) who stated that the low coverage of breastfeeding can be caused by several factors, one of which is behavioral factors, namely the mother's attitude. The mother's attitude influences the provision of early MP-ASI on baby. Attitude No Good Mother to the baby triggers implementation of MP-ASI provision EARLY early like Mother Which No ignore will health the baby And behave indifferent towards what will occur in the future after providing early complementary

feeding to babies, which has a negative impact on the health of the baby itself. Results of this study in accordance with the opinion of Notoatmodjo (2020), which states that a person's health behavior is influenced by 3 main factors, namely facilitating factors such as knowledge, attitudes, beliefs, trust, values, enabling factors such as facilities and infrastructure, and reinforcing factors that encourage or strengthen the occurrence of behavior such as support from society and family. In accordance with the opinion of Azwar (2021) who stated that the mental mechanism that evaluates, forms views, colors feelings and will help determine the tendency of individual behavior towards other humans or something that is being faced by the individual, even towards the individual himself is called the phenomenon of attitude. The phenomenon of attitude that arises is not only determined by the state of the object being faced but also by its relation to past experiences, by the current situation, and by hopes for the future.

Connection Work with Giving MP breast milk The results of the study showed that most of the respondents (54.0%) at the Findings Sari Village Health Center were working. Most of the respondents (79.4%) Which Work gives complementary feeding EARLY to her baby. Still The high provision of early MP ASI in Polindes Findings Sari can be caused by many working mothers who are too busy so that exclusive breastfeeding is hampered so they switch to formula milk or early MP ASI provision. In line with the current modernization where the participation of the female workforce, both in the formal and informal sectors tends to increase, this is one of the obstacles for mothers to provide exclusive breastfeeding. The participation of mothers in earning a living to meet the needs of their families, especially mothers who are still breastfeeding, causes their babies to not be breastfed properly and regularly. The results of the study showed that almost half (41.4%) of respondents who did not work still provided early complementary foods to their babies. This could be caused by mothers who did not work having a low level of education so that mothers' understanding and knowledge about the importance of exclusive breastfeeding was still low so mothers provided early complementary foods to their babies. Lack of information and attitudes that support the provision of early complementary foods also caused mothers to provide complementary foods to their babies before the age of 6 months. Working is generally a time-consuming activity so that for working mothers it will have an impact on family life. The more time left to do work, the greater the opportunity to provide complementary foods to breast milk (EARLY MP-ASI).

The mother's work factor sometimes becomes an obstacle alone for Mother in fulfilling her baby's needs. This is inseparable from the lack of knowledge of mothers. Mothers who work for the reason of earning a living to help their husbands meet household needs are indeed very sensitive when associated with mothers who have babies (Baskoro, 2020). The results of the study showed that there was a significant relationship between work and the provision of MP-ASI to infants aged 0-6 at the Findingsari Polindes. This is explained that usually the family or husband who provides a good role or support will encourage mothers not to provide complementary foods to babies before the age of 0-6 months, for that information about complementary foods is not only given to mothers but to husbands and families so that they also gain knowledge about complementary foods and help to prevent early provision of complementary foods (Ofindajuliati, 2019). The results of the study showed that there was a significant relationship between husband's support and the provision of complementary foods for infants aged 0-6 at the Findingsari Polindes. The results of this study are in accordance with Dinamik's (2019) study on factors that influence mothers in providing complementary foods too early in the work area of the Teluk Puskesmas UPTD Coral Subdistrict Ba Jeniscity Cliff Tall Province Sumatra North 2019 which showed results that family support influences mothers in providing complementary foods for breast milk too early. (Dinamik, 2019) Husband's support has a significant relationship that encourages attitude. Mother in giving MP breast milk early. Results of this study in line with Heryanto's research (2019) on factors related to early complementary feeding which showed results that there was a relationship between family support and early complementary feeding.

Family support, especially from husbands, is a process that occurs throughout life, the nature and type of support varies at each stage of the life cycle. (Heryanto, 2019) This study is in line with the results of Ginting's (2019) study on the influence of characteristics, internal and external factors of mothers on the provision of early complementary feeding for infants aged <6 in the work area of the Barusjahe Health Center, Kediri Regency. Karo Sumatra Province North that obtained results that There is an influence of level of knowledge, attitude, employment status, parity, family support, role officer health and social culture to give Early MP-ASI for aged infants. (Ginting, 2019)

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the study on Factors Influencing Mothers in Providing Early MP Breast Milk at the Sari Village Health Clinic, Musi Rawas Regency, it can be concluded:

1. Part large of Respondents giving MP breast milk early in Village Health Clinic Sari's findings, Musi Rawas Regency, were (61.9%)
2. Almost all respondents had a supportive attitude towards providing complementary feeding, namely (49.2)
3. Large share of Respondent Which Work that is (54.0%)
4. Almost all respondents supported the provision of early complementary feeding, namely (44.4%).
5. There is a relationship between attitude, work and husband's support with the provision of early complementary feeding at the Findingsari Village Health Center, Musi Rawas Regency.

Recommendations

1. Theoretical The results of this study will add references, and prove whether or not there is a relationship between attitude, mother's work and husband's support with the provision of early MP ASI at Polindes Findings Sari, Musi Rawas Regency. In addition, the results of this study can increase students' knowledge.
2. Practical a. For Respondents It is hoped that future researchers, in conducting similar research, can reduce the limitations that exist. researchers are currently doing, both in terms of measuring instruments, limitations in collecting data from respondents, especially if further researchers can use multivariate nalysis by comparing several variables so that more varied data can be obtained which can be used as input in compiling midwifery action plans , as well as with a larger number of samples, adding references and related research.

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