

FACTORS RELATED TO EXCLUSIVE BREAST FEEDING IN PUSKESMAS BUKIT HINDU PALANGKA RAYA CITY CENTRAL BORNEO 2012

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ABSTRACT

Backgrounds: The amount of baby that has given exclusive breast feeding in Central Borneo in 2009 is 21.032 (41,05%) from total 51.241. In Palangka Raya, there are 645 babies (12,82%) has given exclusive breast feeding. This data is not clearly confirm, is mother has only give breast feeding for the baby without added another food. According to the data from Puskesmas Bukit Hindu, there is 14 posyandu that continuesly and actively give health education about the utility of exclusive breast feeding. In January untill May 2012 the amount of mother that give exclusive breast feeding is 32 person. The problem is "Is the mother give exclusive breast feeding to the baby without added another food and the factors related to the exclusive breast feeding". This research aims to know the factors related to exclusive breast feeding in Puskesmas Bukit Hindu, Palangka Raya, Cental Borneo.

Methods: analytic descriptive research, cross-sectional design research. The population is post partum and breast feeding mothers in Puskesmas Bukit Hindu, Palangka Raya, Central Borneo. The amount is 50 breast feeding mothers. Instrument of the research is qesioner.

Results: The youngest is 18 years and the oldest is 46 years, the averages (mean) is 27,86 years, median 28 years. The occupation of respondents is 39 mothers (78%) as housewife. The last education is highschool as much as 23 mothers (46%). The ethnic of respondents is Banjar as much as 16 mother (32%). The result of chi square analysis, there is no relationships between mother's characteristic (ages, education and occupation) and attitude with the exclusive breast feeding in Puskesmas Bukit Hindu, Palangka Raya, Central Borneo. While the ethnic and knowledge has realitonships with the exclusive breast feeding, in which OR= 5,236 with P value = 0,701.

Conclusions: There is no relationships between mother's characteristic (age, education and occupation) with the exclusive breast feeding in Puskesmas Bukit Hindu, Palangka Raya City. While the ethnic has relationships with the exclusive breast feeding. The knowledges has relationships with the exclusive breast feeding in Puskesmas Bukit Hindu. The mother's attitudes has no relationships with the excluive breast feeding in Puskesmas Bukit Hindu, Palangka Raya City, Central Borneo.

Keywords : factors, giving, exclusive breast feeding

Backgrounds:

Decree of Minister of Health no.450 /Men.Kes /SK/ IV /2004 About exclusive breast feedingin Indonesia on 7th April 2004 has recommended to give in 6 months. The recommendation explain that to reach optimum health growth and development, baby have to give breast feeding during first 6 months¹.

In Central Borneo, for about 21.032 (41,05%) from total 51.241 babies has given exclusive breast feeding in 2009. In Palangkaraya City there are 645 (12.82%) infants were give exclusive breast feeding². In Palangka Raya, there are 645 babies (12,82%) has given exclusive breast feeding. This data is not clearly confirm, is mother has only give breast

feeding for the baby without added another food for 6 months. According to the data from Puskesmas Bukit Hindu, there are 14 posyandu that continuesly and actively give health education about the utility of exclusive breast feeding. In January untill May 2012 the amount of mother that give exclusive breast feeding is 32 person³. The problem is "Is the mother give exclusive breast feeding to the baby without added another food and the factors related to the exclusive breast feeding". This research aims to know the factors related to exclusive breast feeding in Puskesmas Bukit Hindu, Palangka Raya, Cental Borneo.

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Table 1. Relationships Test Several Variables with Breastfeeding

Mother's occupation	Breast feeding				Total		OR (95% CI)	P Value
	Non exclusive		Exclusive		N	%		
	N	%	N	%				
Working	7	63,6	4	36,4	11	100	1,663 (0,418 – 6,606)	0,701
House wife	20	51,3	19	48,7	39	100		
Total	27	54	23	46	50	100		

Education	Breast feeding				Total		OR (95% CI)	P Value
	Non exclusive		Exclusive		n	%		
	N	%	N	%				
Basic (\leq SMP)	7	35	13	65	20	100	0,269 (0,082 – 0,887)	0,056*
Advance (>SMP)	20	66,7	10	33,3	30	100		
Total	27	54	23	46	50	100		

Ethnics	Breast feeding				Total		P Value
	Non exclusive		Exclusive		n	%	
	n	%	N	%			
Banjarnese	11	68,8	5	31,3	16	100	0,023*
Dayaknese	11	73,3	4	26,7	15	100	
Javanese	3	27,3	8	72,7	11	100	
Other ethnics	2	25	6	75	8	100	
Total	27	54	23	46	50	100	

Knowledge	Breast feeding				Total		OR (95% CI)	P Value
	Non exclusive		Exclusive		n	%		
	n	%	N	%				
Less (< 70)	16	76,2	5	23,8	21	100	5,236 (1,495 – 18,339)	0,017*
Good (\geq 70)	11	37,9	18	62,1	29	100		
Total	27	54	23	46	50	100		

* = signifikan

Knowledge in this research is the mother's knowledge on matters related to exclusive breastfeeding. Relationship between the mother's knowledge and exclusive breastfeeding based on the median value of the knowledge, so the age is divide to 2 (two) categories: score < 70 (less), and score \geq 70 (good). Score of relationships test P = 0,017, it means there are significant relationships between knowledge and exclusive breast feeding. The results also get OR = 5,236, it means the knowledge score (\geq 70) have opportunities 5,236 timesto give their baby exclusive breast feeding divide to respondentthat get knowledge score less (< 70).

CONCLUSIONS

There is no relationships between mother's characteristic (age, education and occupation) with the exclusive breast feeding in Puskesmas Bukit Hindu, Palangka Raya City. While the ethnic has relationships with the exclusive breast feeding. The knowledges has relationships with the exclusive breast feeding in Puskesmas Bukit Hindu. The mother's attitudes has no relationships with the exclusive breast feeding in Puskesmas Bukit Hindu, Palangka Raya City, Central Borneo.

RECOMMENDATION

Need to improve the mother's knowledge either during pregnancy and breastfeeding, with the increasing of knowledge about breast feeding is expected to increase the coverage of exclusive breastfeeding. Exclusive breastfeeding promotion efforts need to be improved, especially breastfeeding counseling to pregnant and breast feeding mothers.

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