



## The Relationship of Knowledge with Mother's Readiness to Give Exclusive Breastfeeding

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### ABSTRACT

**Introduction:** Preparation for breastfeeding during pregnancy is very important, mothers who prepare early will be better prepared to breastfeed their babies. A mother's readiness to give exclusive breastfeeding is influenced by several factors, one of which is knowledge. Exclusive breastfeeding coverage at Mustika Jaya Health Center in 2021 is 215 (44.51%) of 483 babies. The percentage of exclusive breastfeeding coverage has not reached the expected target

**Aims:** The purpose of the study was to determine the relationship between the knowledge of third-trimester pregnant women about lactation management and the readiness of mothers to give exclusive breastfeeding at the Mustika Jaya Health Center.

**Methods:** The research design is a correlational study with a cross-sectional approach. The population was all third-trimester pregnant women at the Mustika Jaya Health Center on 24 September 2022 and 15 October 2022 as many as 125 people and the sample was 95 people with a simple random sampling technique. The data was collected using a questionnaire and the data analysis included frequency distribution and chi-square test.

**Results:** Most of the third-trimester pregnant women have sufficient knowledge (37.9%) and have the readiness to give exclusive breastfeeding (65.3%). There is a relationship between the knowledge of third-trimester pregnant women about lactation management and with mother's readiness to give exclusive breastfeeding at Mustika Jaya Health Center with a value = 0.000.

**Conclusion:** The conclusion of this research is the existence of a relationship between the knowledge of third-trimester pregnant women about lactation management and with mother's readiness to give exclusive breastfeeding, it is necessary for health workers to provide counseling about lactation management on an ongoing basis to pregnant women.

**Keywords:** Knowledge, Lactation Management, Readiness to Breastfeed

### Introduction

Maternal and child health is an important component in the health development of a nation. Children are the nation's generation whose health must be cared for and maintained. One of the efforts to improve children's health is to ensure that children get adequate nutrition, one of which is exclusive breastfeeding, especially for children aged 0-6 months.

WHO recommends exclusive breastfeeding for babies starting from 0-6 months, then breastfeeding the baby is continued until the age of 2 years with additional complementary foods. Meanwhile, according to the Indonesian Ministry of Health, exclusive breastfeeding is breast milk given to babies from birth for six months, without adding and/or replacing it with other foods or drinks (except drugs, vitamins and minerals).

Nationally, the coverage of babies receiving exclusive breastfeeding in 2020 is 2,110,471 babies (66.06%) of the target number of 3,194,661 babies. This figure has exceeded the 2020 Strategic Plan target of 40%. Coverage of exclusive breastfeeding can be achieved from mothers who are truly ready to breastfeed so that the target of exclusive breastfeeding can be achieved.

Preparation for breastfeeding during pregnancy is very important, mothers who prepare early will be better prepared to breastfeed their babies. Readiness is a condition in which a person has reached a certain stage or is connoted with physical, psychological, spiritual and skill maturity (Yulizawati et al, 2017). Readiness is a competency means someone who has competence means that someone has sufficient readiness to do something. Mother's readiness to provide exclusive breastfeeding is influenced by several factors which include internal and external factors. Internal factors are knowledge, level of education, attitude, anatomical/physical condition of the mother and condition of the baby. While external factors include work, family support, social culture (tradition) and the role of health workers. The results of the study (Fatimah & Oktaviani, 2017) in the Working Area of the Bidara Cinal Village Public Health Center, East Jakarta show that there is a relationship between mother's knowledge about lactation management and exclusive breastfeeding with a value of  $p = 0.000$ .

The results of a preliminary study at the Mustika Jaya Health Center, on 10 Trimester III Pregnant women, showed that as many as 7 out of 10 mothers did not understand or understand well about how to breastfeed properly and correctly, while 3 out of 7 Trimester III pregnant women said they already knew how to breastfeed. breastfeeding properly and correctly because they have received information about previous lactation management from health workers. Of the 7 mothers who did not understand how to breastfeed properly and correctly, 5 said they were not ready to give breast milk to their children, while 2 more said they were trying to exclusively breastfeed their children. Mothers do not understand that giving only breast milk to babies aged 0-6 months is enough, because the content of breast milk is very complete, which contains water, protein, carbohydrates, fat, DHA, vitamins, minerals, enzymes, growth factors, antiparasitic factors, anti-allergy, anti-bacterial agents. viruses, antibodies Mothers also do not understand lactation management such as position and attachment when breastfeeding, proper management of breastfeeding, efforts to increase breast milk, and how to express milk for working mothers (Priyati, Retno Rahayu, 2019)

## **Aims**

The purpose of the study was to determine the relationship between the knowledge of third trimester pregnant women about lactation management and the readiness of mothers to give exclusive breastfeeding at the Mustika Jaya Health Center.

## Methods

This research is a correlational study with a cross sectional approach. The population is all third trimester pregnant women at the Mustika Jaya Health Center on 1-15 October 2022, namely 125 people. The selected sample is determined based on certain predetermined criteria in order to get a representative sample. Inclusion criteria: a) Pregnant women with a gestational age of 28–40 weeks who carry out examinations at the Mustika Jaya Health Center, b) Able to communicate orally and in writing, c) Willing to be a respondent. Exclusion criteria: a) Respondents who were not present at the Mustika Jaya Health Center, b) Not willing to be respondents. The independent variable in this study was the third trimester pregnant women's knowledge of lactation management, while the dependent variable in this study was the mother's readiness to give exclusive breastfeeding. The research instrument adopted a standardized questionnaire from previous research, namely researchers (Adelia, 2019). Data were processed univariately and bivariately. This research pays close attention to research ethics, voluntary principles and informed consent, guarantees the use of research subjects by not including the respondent's name (Anonymity) and guarantees the confidentiality of the research results (Confidentiality).

## Result and Discussion

This research was conducted to determine the relationship between the knowledge of third trimester pregnant women regarding lactation management and the readiness of mothers to provide exclusive breastfeeding at the Mustika Jaya Health Center on September 24 2022 to October 15 2022. Data collection used a questionnaire with a total of 95 respondents. The results are as follows:

**Table 1.** Frequency Distribution of Respondent Characteristics

<b>Characteristics of Respondents</b>	<b>Frequency (f)</b>	<b>Percent (%)</b>
Age		
- < 20 years or > 35 years	24	25.3
- 20-35 years	71	74.7
Education		
- Base	49	51.6
- Intermediate	41	43.2
- High	5	5.3
Work		
- Doesn't work	69	72.6
- Work	26	27.4
<b>Total</b>	<b>95</b>	<b>100.0</b>

Based on the data in table 1, it shows that according to age, most of the respondents aged between 20-35 years were 71 people or with a percentage of 74.7%. According to

education, most of the respondents had basic education, namely elementary-junior high school as many as 49 people or with a percentage of 51.6% and according to work, most of the respondents did not work or were housewives as many as 69 people or with a percentage of 72.6%.

**Table 2.** Distribution of Respondents Based on Level of Knowledge About Lactation Management

Level of Knowledge of Third Trimester Pregnant Women about Lactation Management	Frekuensi (f)	Persen (%)
Not enough	24	25.3
Enough	36	37.9
Good	35	36.8
<b>Total</b>	<b>95</b>	<b>100.0</b>

Based on table 2, it is known that there are more third trimester pregnant women at the Mustika Jaya Health Center in 2022 who have sufficient knowledge about lactation management as many as 36 people (37.9%) compared to third trimester pregnant women who have good knowledge of 35 people (36.8%) .

**Table 3.** Frequency Distribution of Readiness of Trimester III Pregnant Women to Give Exclusive Breastfeeding

Readiness of Third Trimester Pregnant Women to Give Exclusive Breastfeeding	Frekuensi (f)	Persen (%)
Not Ready	33	34.7
Ready	62	65.3
<b>Total</b>	<b>95</b>	<b>100.0</b>

Based on table 3, it is known that the third trimester pregnant women at the Mustika Jaya Health Center in 2022, the majority are ready to give exclusive breastfeeding, 62 people (65.3%), compared to the third trimester pregnant women who are not ready to give exclusive breastfeeding, as many as 33 people (34.7 %).

**Table 4.** Relationship of Knowledge of III Trimester Pregnant Women about Lactation Management with Mother's Readiness to Give Exclusive Breastfeeding

Knowledge of Third Trimester Pregnant Women about Lactation Management	Readiness of Mothers to Give Exclusive Breastfeeding				Jumlah		p value
	Not Ready		Ready		N	%	
	n	%	n	%			
Kurang	20	83,3	4	16,7	24	100	0.000
Cukup	11	30,6	25	69,4	36	100	
Baik	2	5,7	33	94,3	35	100	

<b>Jumlah</b>	<b>33</b>	<b>34,7</b>	<b>62</b>	<b>65,3</b>	<b>95</b>	<b>100</b>
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Based on table 4, it is known that the proportion of third trimester pregnant women who lack knowledge and are not ready to give exclusive breastfeeding is 83.3%, higher than the proportion of third trimester pregnant women who have sufficient knowledge and are not ready to give exclusive breastfeeding of 30.6%, also the proportion of third trimester pregnant women who have good knowledge and are not ready to give exclusive breastfeeding is 5.7%. Based on the results of statistical tests with chi square, obtained  $p$  value = 0.000, this means  $p$  value  $< \alpha$  (0.05) so that the null hypothesis is accepted, thus there is a relationship between the knowledge of third trimester pregnant women about lactation management and the readiness of mothers to give exclusive breastfeeding in Mustika Jaya Health Center in 2022.

### **Knowledge of Third Trimester Pregnant Women About Lactation Management**

Based on the results of the study, it was shown that the majority of third trimester pregnant women at the Mustika Jaya Health Center in 2022 had sufficient knowledge (37.9%) about lactation management. Sufficient knowledge of this can be supported by the education of respondents such as respondents with secondary or high school education and even some with higher education or diplomas/graduates. However, there are still third-trimester pregnant women whose knowledge is lacking, aside from their low education, as well as because mothers are less active in seeking information about lactation management both from the media and from health workers. This means that the high knowledge of third trimester pregnant women about good lactation management can support their readiness to provide breastfeeding. This can be seen from the results of the study for the distribution of third trimester pregnant women regarding lactation management with sufficient knowledge, there were 36 people (37.9%) and 35 people (36.8%) which are categorized as good and ready to give ASI.

Mother's knowledge about lactation management is very necessary because lactation management is all efforts made to help mothers achieve success in breastfeeding their babies. This effort is carried out on mothers in 3 stages, namely during pregnancy (antenatal), when the mother is in labor until she is discharged from the hospital (perinatal), and during the next breastfeeding period until the child is 2 years old (postnatal). (Ministry of Health RI, 2017a).

From the results of the research that was conducted through a questionnaire filled out by 95 respondents, there are 3 important points regarding lactation management which are most widely known by the respondents, namely: First regarding prenatal guidance, breast care, breastfeeding as early as possible after giving birth is an effort to increase breast milk. Second, the mother understands that proper breastfeeding technique will not cause sore nipples. Third, mothers know that they have to breastfeed frequently to stimulate milk to come out so that there will be more and more. The results of this study are in line with research (Fatimah & Oktavianis, 2017) in the Working Area of the Bidara Cinal Sub-District Public Health Center, East Jakarta, which shows that most mothers' knowledge about lactation management is quite good (76.5%) also with research (Herman et al., 2021) shows mothers who are knowledgeable enough at 42.5%.

There are still 24 people (25.3%) third trimester pregnant women who lack knowledge about lactasi management, so health workers need to maintain and increase counseling activities for third trimester pregnant women regarding lactation management in order to increase mother's knowledge about the importance of lactation management so that mothers are better prepared to exclusively breastfeed their children with methods that are easily understood by pregnant women, such as using leaflets, flipcharts or demonstrations.

### **Readiness of Mothers to Give Exclusive Breastfeeding**

Based on the results of the study, it was shown that the majority of pregnant women in their third trimester at the Mustika Jaya Health Center in 2022 were ready to provide exclusive breastfeeding (65.3%). Good mother's readiness is supported by good knowledge, even so there are still mothers who are not ready to give exclusive breastfeeding to their children due to the mother's ignorance about the importance of exclusive breastfeeding.

The results of this study are in line with research (Harefa, 2019) in the Work Area of the Panca Batu Health Center for mothers who are ready to give 70.5% breast milk and also research (Fatimah & Oktavianis, 2017) in the Working Area of the Bidara Cina I East Jakarta Health Center mother is ready to give exclusive breastfeeding. Breastfeeding readiness is not only prepared during pregnancy, even before pregnancy a mother can also prepare, for example by talking with her husband and family to get support for exclusive breastfeeding, sharing with breastfeeding mothers and pregnant women at their place of residence related to breastfeeding issues, as well as often seeking information from various media, both print and electronic media and social networks on matters relating to how to achieve exclusive breastfeeding success.

There are various obstacles that occur so that the mother does not give breast milk to her baby, namely the mother feels that the amount of milk that comes out is small at the beginning of birth so that the mother feels the need for additional formula milk, the mother works so that she does not have time to give breast milk, mothers who stop breastfeeding because milk production is reduced, lack of information regarding exclusive breastfeeding, the influence of closest people such as parents or in-laws, husbands and families who are less supportive and also internal factors from the mother, due to the low knowledge of mothers about lactation management, they have not received breastfeeding counseling services and support from health workers. From the results of research that has been done through a readiness questionnaire that has been filled out by respondents, there are several important things that most influence the readiness of respondents. The first is the intention that is firmly entrenched in a mother can form an optimistic mind, with an optimistic mind, positive energy and thoughts will be formed, so that it can affect the breastfeeding organs and expedite milk production, the mother must be determined to provide the best food for her baby. the baby. Second, the mother must prepare physically and mentally (psychologically).

Physical preparation can be done by starting breast examinations from the beginning of pregnancy, to monitoring your nutrition during pregnancy. The third is that psychological preparation also greatly influences the success of a mother for exclusive breastfeeding, starting

from increasing motivation and confidence, and always being optimistic in dealing with breastfeeding problems. If the mother is sure that she can breastfeed, a lot of milk will come out. Instruct the mother to throw away negative thoughts, such as what if the milk doesn't come out, or what if the breasts have problems, and so on. There are still mothers who are not ready to give ASI, so it is necessary to motivate mothers by health workers and provide assistance to mothers so that mothers have better readiness to exclusively breastfeed their children.

### **The Relationship between the Knowledge of Third Trimester Pregnant Women about Lactation Management and the Readiness of Mothers to Give Exclusive Breastfeeding**

Based on the results of the study, it was shown that there was a relationship between the knowledge of third trimester pregnant women regarding lactation management and the readiness of mothers to provide exclusive breastfeeding at the Mustika Jaya Health Center in 2022 with  $p$  value = 0.000. This is evident from the bivariate analysis showing that the proportion of pregnant women in the third trimester who lack knowledge and are not ready to give exclusive breastfeeding is 83.3%, higher than the proportion of pregnant women in the third trimester who have sufficient knowledge and are not ready to give exclusive breastfeeding, which is 30.6%. , also the proportion of third trimester pregnant women who have good knowledge and are not ready to give exclusive breastfeeding is 5.7%.

The results of this study are in line with research in line with research (Herman et al., 2021) concerning the relationship between knowledge and attitudes of mothers and exclusive breastfeeding, showing that there is a relationship between mother's knowledge and exclusive breastfeeding ( $p$  value = 0.003). The results of this study are in line with the theory that the level of mother's knowledge determines the success of exclusive breastfeeding. Mothers who can give exclusive breastfeeding to their babies, don't just give it to their babies. But mothers must really understand about lactation management. So that mothers have the readiness to give exclusive breastfeeding to their babies until the age of 6 months (Harefa, 2019).

It is evident from the results of the study that there is a relationship between the knowledge of third trimester pregnant women regarding lactation management and the readiness of mothers to provide exclusive breastfeeding, the puskesmas needs to maintain and increase counseling activities for third trimester pregnant women regarding lactation management in order to increase the readiness of mothers to provide exclusive breastfeeding to their children. with methods that are easily understood by pregnant women such as methods that are easily understood by mothers such as using the leaflet method, flipcharts or demonstrations. For pregnant women to increase knowledge about lactation management by actively seeking information from the media or from health workers so that mothers have good readiness to exclusively breastfeed their children.

### **Conclusion**

Most of the third trimester pregnant women have sufficient knowledge (37.9%) and have readiness to give exclusive breastfeeding (65.3%). There is a relationship between

knowledge of third trimester pregnant women about lactation management with mother's readiness to give exclusive breastfeeding at Mustika Jaya Health Center with value = 0.000. Conclusion of this research the existence of a relationship between knowledge of third trimester pregnant women about lactation management with mother's readiness to give exclusive breastfeeding, it is necessary for health workers to provide counseling about lactation management on an ongoing basis to pregnant women.

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