

Literature Review : Factors Influencing The Implementation Early Initiation of Breastfeeding in Mother's Materials

Dini Ariani¹, Hani Septiani¹, Neli Sunarni¹
¹STIKes Muhammadiyah Ciamis, Ciamis, Indonesia

Article Info

Article History :

Revised: January 2025

Available online: February 2025

Keywords :

Factors, Early Initiation Of Breastfeeding

Corresponding Author :

Dini Ariani

E-mail :

dini.ariani2787@gmail.com

ABSTRACT

Background & Objective: Initiation Early Breastfeeding has been proven to reduce neonatal mortality. The practice of initiating breastfeeding within the first hour of birth, known as Early Initiation of Breastfeeding (EIBF) benefits both the mothers and their children. It reduces mortality among infants through increased exclusive breastfeeding and associated mechanisms by allowing the infants to get the highly nutritious maternal colostrum that reduces the risk of microbial translocation, accelerates intestinal maturation and promotes resistance to infection. EIBF also reduces the risk of hypothermia and helps develop bonding between mother and baby through close physical contact. **Method:** The method used in writing this article is a review of the results study which related with factors influencing the implementation early initiation of breastfeeding in mother's materials. **Result:** Five studies wick analyzed in literature reviews this form factors influencing the implementation early initiation of breastfeeding in mother's materials. **Conclusion:** Many kinds of factors influencing the implementation early initiation of breastfeeding in mother's materials. There are education, type of birth, knowledge, attitude, support from health workers, parity, family support, habits, midwife knowledge, midwife support, midwife training and skin-to-skin contact between mother and infant immediately after birth.

Introduction

Early initiation of breastfeeding is providing breast milk immediately after the baby is born, usually in 30 minutes to 1 hour after the baby born. Babies are given the opportunity to start or initiate breastfeeding themselves immediately after birth by allowing the baby's skin to touch or come into contact with the mother's skin for at least one hour or more, until the first feeding is finished (Nasrullah, 2021).

Early initiation of breastfeeding (EIBF) is one of the government's policies to be able to reduce the neonatal mortality rate and increase exclusive breastfeeding coverage. One effort to prevent infant death is by giving breast milk exclusively to babies in this way effective and efficient. The low provision of early initiation of breastfeeding is one factor associated with failure to provide exclusive breastfeeding (Dinar Perbawati, 2022).

EIBF provides a unique opportunity for the infants to obtain balanced nutrition and energy required for their growth and development at the earliest. Similarly, it creates the bonding between the infant and the mother, which enhances the cognitive development. It also reduces the risk of developing noncommunicable disease and obesity in prime of life (Mary et al., 2022).

Initiation Early Breastfeeding has been proven to reduce neonatal mortality. Baby who are given the opportunity to breastfeed within the first hour and allow skin contact skin between mother and baby, it can reduce 22% of infant deaths in the first 28 days. Implementation early initiation of breastfeeding in the world according to World Health Organization (WHO) global estimates is less than half (42%) of all newborns (Yuliastuti et al., 2024).

The practice of initiating breastfeeding within the first hour of birth, known as Early Initiation of Breastfeeding (EIBF) benefits both the mothers and their children. It reduces mortality among infants through increased exclusive breastfeeding and associated mechanisms by allowing the infants to get the highly nutritious maternal colostrum that reduces the risk of microbial translocation, accelerates intestinal maturation and promotes resistance to infection. EIBF also reduces the risk of hypothermia and helps develop bonding between mother and baby through close physical contact (Gayatri & Dasvarma, 2020).

Several influencing factors implementation of early initiation of breastfeeding, as stated by Sulistianingsih (2022), namely education and mother's view, amount of colostrum given to the baby, the efforts of health care providers, maternal and infant health, availability of support social, and welfare of mother and baby overall is an important element. Besides that according to Sari (2022), factors that influencing the implementation of IMD, namely maternal age, maternal education, antenatal care visits, maternal IMD knowledge and attitudes, maternal parity, maternal health problems, birthing practices, location childbirth, family support, and support health workers (Herlinda et al., 2024).

Objective

Based on the researcher's background, interested in studying literature, articles, and document results about factors influencing the implementation early initiation of breastfeeding in mother's materials.

Method

The method used in writing this article is a review of the results study which related with factors influencing the implementation early initiation of breastfeeding in mother's materials. Literature review is research that critically examines or reviews knowledge, ideas, or findings contained in the body of academic-oriented literature (academic-oriented literature). The method used in writing this article is review (reviews). Which data type used is data secondary. Source data in literature research this review obtained through searching scientific research articles from 2020 to 2024 using the google scholar database, pubmed direct as much 5 article.

Method analysis which used analysis content journal document. This study uses online research journals obtained through search sites journal trusted with criteria inclusion as following :

- a. Journals study on line about factors influencing the implementation early initiation of breastfeeding in mother's materials.
- b. Journal study on line which used is at in prone to time period 5 yearfinal.
- c. Journals study on line which classy national and international.
- d. There is number ISSN (*International standard Serial number*) good in version printas well as electronics.
- e. There is DOI (*Digital Object Identifiers*) in journal study.
- f. Journals study obtained through site search journal which trusted that is PUBMED and science direct.

Results

Five studies wich analyzed in literature reviews this form factors influencing the implementation early initiation of breastfeeding in mother's materials.

Table 1. Analysis of Literature Review Result

Author	Title	Sample	Method	Result
1. Herlinda et al., (2024)	Analysis of Factors Related to the Implementation of Early Initiation of Breastfeeding	93 people	The type of research used is quantitative method with cross design sectional	The results of this study indicate that there was a relationship between education (p-value 0.040 and OR 2.630), type of delivery (p-value 0.005 and OR 3.860), knowledge (p-value 0.027 and OR 2.856), attitude (p-value 0.020and OR 2.951), and support health workers (p-value 0.0000 and 5.438) with implementation. There was no relationship between parity (p-value 0.427) and family support (p-value 0.138) with the implementation of IMD. The dominant factor most related to the

Author	Title	Sample	Method	Result
				implementation of IMD was the variable type of delivery with an OR of 12.535.
2. Vyola Chania Arefti (2024)	Factors Affecting The Implementation of Breastfeeding Initiation Early	The sample amounted to 64 people	The type of research is quantitative with a cross sectional approach	The results of the analysis showed there was a relationship between habit (p value: 0.004) to the practice of early breastfeeding initiation.
3. Amalia et al., (2024)	Factors Related to Implementation of Early Breastfeeding Initiation in Particular Women	39 people	This research uses a descriptive analytical design with a cross sectional approach using a questionnaire as a measuring tool	The statistical test results for the knowledge and attitude variables obtained P value $0.000 < 0.05$, meaning there is a relationship between knowledge, attitude and the implementation of early breastfeeding initiation and for the health worker support variable, P value $0.001 < 0.05$, meaning there is a relationship between health worker support and implementation. early initiation of breastfeeding.
4. Sari (2022)	Affecting Factors to Implementation Early Breastfeeding Initiation in Maternity	18 midwives	Data analysis was carried out by univariate and bivariate with chi-square test.	The results showed that most of the respondents with sufficient knowledge were 13 <i>Journal Of Midwifery Vol. 10 No. 2 Oktober 2022</i> midwives (72.2%), most of the respondents who supported the implementation of the EIB were 13 midwives (72.2%), most of the respondents had attended training related to EIB as many as 13 midwives (72.2%), most of the respondents conducted EIB as many as 14 midwives (77.8%). There was a significant effect between

Author	Title	Sample	Method	Result
				midwife knowledge (2,345), midwife support (2,345) and training of midwives (2,345) on the implementation of EIB in the Seginim.
5. Gayatri & Dasvarma (2020)	Predictors of early initiation of breastfeeding in Indonesia: A population-based crosssectional survey	This paper analyses data from a weighted sample of 6,616 women collected at the Indonesia Demographic and Health Survey (IDHS) 2017	The analysis uses bivariate and multivariate logistic regression for complex sample designs, adjusted for confounders to examine the relationship of EIBF with women's individual, household and community level characteristics	Overall, 57% (95% CI: 54.9%-58.2%) of the children born in the two years preceding the survey had EIBF. Statistically significant (p<0.05) predictors of EIBF are women's non-working status, second or higher order of the birth of the most recent child, average or large size of the most recent child at birth, poor status of the household and non-agricultural work of the woman's husband; while statistically highly significant (p<0.01) predictors are skin-to-skin contact with the newborn (OR: 2.62; 95% CI: 2.28-3.00), Caesarean deliveries (OR: 0.47; 95% CI: 0.40-0.56), and skilled birth attendants (OR: 1.83; 95% CI: 1.65-2.08). Caesarean deliveries reduce the likelihood of EIBF by half compared to vaginal deliveries. Women's age, education or rural-urban residence display no statistically significant relationship with EIBF

Discussion

In the 5 studies, many kinds of factors influencing the implementation early initiation of breastfeeding in mother's materials. There are education, type of birth, knowledge, attitude, support from health workers, parity, family support, habits,

midwife knowledge, midwife support, midwife training and skin-to-skin contact between mother and infant immediately after birth.

Education influences to the success of IMD because it provides response to everything that comes from outside, where in someone with education high will provide a more rational response than those with secondary education or low, further indicating awareness and efforts to achieve or increase one's rank better health in yang highly educated than the educated medium or low (Herlinda et al., 2024).

Basically IMD can still be implemented in all processes childbirth, except for certain medical indications determined or decided by the team of doctors during childbirth. Process childbirth will have an effect regarding the condition of the mother and baby after delivery, for example, in a normal delivery the mother will have more feel tired because you have to go through the contraction process which is long and tiring, while on SC delivery the mother will feel sleepy as the effects of anesthetics, some mothers even have to under general anesthesia (unconscious during the process SC in progress) (Herlinda et al., 2024).

The mother's lack of knowledge will certainly influence the mother's actions to provide Early Initiation of Breastfeeding. This happens because the higher the knowledge. It is also easy to provide information and direct mothers to provide IMD.

Sarwono and Yuwono's opinion states that mothers are getting higher levels. Mother's knowledge about IMD will be closely related to the implementation of IMD (Latifah, E., Utami, T., & Haniyah, 2021).

Mothers who have a good attitude towards the implementation of initiation Early breastfeeding is very influential when initiating early breastfeeding. Attitude is one thing which is important because with a good attitude shown by someone can shows how someone responds to a statement. As well as by implementing this early breastfeeding initiation, a mother who has a good attitude will encourage the mother to initiate early breastfeeding for the baby immediately after the baby is born (Amalia et al., 2024).

Support from health workers to mothers can be obtained increase the mother's self-confidence in initiating early breastfeeding for her baby after born. In this way, the process of early initiation of breastfeeding can be carried out. Support from health workers regarding Early Breastfeeding Initiation can be obtained given to mothers during pregnancy, before delivery and during the birth process (Amalia et al., 2024).

There is no relationship between parity with IMD success, because every mother maternity has the same opportunity in perform IMD whether primipara or multiparous. Primiparous parity is a factor that influence the failure to breastfeed related to IMD. This means that mother primiparas tend to fail in implementation IMD because the mother has no experience before so I didn't know the importance of IMD. But primiparous mothers can also I succeeded in doing IMD because I did it regularly ANC and classes for pregnant women, so that mothers have good understanding of its importance perform IMD (Herlinda et al., 2024).

Family support, including encouragement husband, is important because it determines failure and mother's success in implementing the Introduction Early Breastfeeding (IMD). Father's involvement in support the practice of early breastfeeding for babies Indonesia is still very low. Father's support It is very important to increase trust mothers when breastfeeding starts early. Baby can find mother's own chest because of father can support the mother by patiently accompanying the mother in the early stages of breastfeeding, the father will look after

the baby and from an early age in the mother's stomach for the baby. Baby with start breastfeeding and let the baby come in the same room as mother, provide a sense of security and motivate mothers to breastfeeding her baby. With the support of my husband and belief that early breastfeeding is a process restores the baby's natural ability to survival, failure to start early breastfeeding certainly does not occur (Listiana A, 2020).

Habits or culture are a set commonly learned and shared beliefs, values and ways of behavior shared by residents in the community. The wrong habit is giving prelactal honey and formula milk using a pacifier for newborn babies, giving MP-ASI too early and habitual waste of colostrum. Other wrong habits include: give water and other fluids such as tea, sweet water, and juice to deeply breastfed babies the first months. The environment is a determining factor in a mother's readiness to breastfeed

the baby. Everyone is always exposed to and touched by the habits of their environment as well receive influence from society, both directly and indirectly (Vyola Chania Arefti, 2024).

Midwife who has good knowledge in procedures and the benefits of carrying out IMD can be implemented IMD immediately after deliver. Support provided by midwives is one of the strengths for pregnant women especially in the implementation of IMD, due to the mother's momentary weakness after childbirth very not makes it possible to remember procedures correct implementation of IMD. Done whether or not IMD activity can be caused by the lack of information obtained midwives due to lack of following various trainings related to IMD (Sari, 2022).

The strongest predictor of EIBF is skin-to-skin contact between mother and infant immediately after birth, implying that this determinant is key to successful of EIBF. Skin-to-skin contact is one of the ten steps to successful breastfeeding. It is an easy and inexpensive way to improve maternal breastfeeding self-efficacy and confidence for which it is needed to provide experienced and trained lactation consultants to assist the mothers with early breastfeeding practice after delivery (Gayatri & Dasvarma, 2020).

Conclusion

Many kinds of factors influencing the implementation early initiation of breastfeeding in mother's materials. There are education, type of birth, knowledge, attitude, support from health workers, parity, family support, habits, midwife knowledge, midwife support, midwife training and skin-to-skin contact between mother and infant immediately after birth.

References

- Amalia, E., Gusfani, R. S., Andriani, Y., & Delima, M. (2024). *Faktor-faktor yang Berhubungan dengan Pelaksanaan Inisiasi Menyusui Dini pada Ibu Bersalin*. 5, 5161-5171.
- Dinar Perbawati. (2022). Hubungan Inisiasi Menyusui Dini (Imd) Terhadap Pemberian Asi Eksklusif Di Wilayah Puskesmas Mumbulsari Kabupaten Jember. *Jurnal Ilmiah Kebidanan (Scientific Journal of Midwifery)*, 8(3), 154-159. <https://doi.org/10.33023/jikeb.v8i3.1334>
- Gayatri, M., & Dasvarma, G. L. (2020). Predictors of early initiation of breastfeeding

- in Indonesia: A population-based crosssectional survey. *PLoS ONE*, 15(9 September), 1–15. <https://doi.org/10.1371/journal.pone.0239446>
- Herlinda, E., Aryawati, W., Yanti, D. E., Bustami, A., & F, C. A. (2024). *Analysis of Factors Related to the Implementation of Early Initiation of Breastfeeding*. 10(April), 175–186.
- Latifah, E., Utami, T., & Haniyah, S. (2021). Hubungan Pengetahuan Ibu dan Dukungan Tenaga Kesehatan dengan Pelaksanaan Inisiasi Menyusu Dini di Puskesmas Wangon 1. *Seminar Nasional Penelitian Dan Pengabdian Kepada Masyarakat (SNPPKM)*, 2809–2767.
- Listiana A, Jasa NE, Tinggi S, Kesehatan I, B. P. (2020). *Hubungan Pengetahuan dan Dukungan Suami dengan Keberhasilan Inisiasi Menyusu Dini*. VIII (Sept.
- Mary, J. J. F., Sindhuri, R., Kumaran, A. A., & Dongre, A. R. (2022). Early initiation of breastfeeding and factors associated with its delay among mothers at discharge from a single hospital. *Clinical and Experimental Pediatrics*, 65(4), 201–208. <https://doi.org/10.3345/cep.2021.00129>
- Nasrullah, M. J. (2021). Pentingnya Inisiasi Menyusu Dini dan Faktor yang Mempengaruhinya. *Jurnal Medika Utama*, 02(02), 439–447. <http://jurnalmedikahutama.com/index.php/JMH/article/view/144>
- Sari, L. L. (2022). Faktor-Faktor Yang Mempengaruhi Implementasi Inisiasi Menyusu Dini (Imd) Pada Persalinan. *Journal Of Midwifery*, 10(2), 74–81. <https://doi.org/10.37676/jm.v10i2.3257>
- Vyola Chania Arefti, dkk. (2024). Faktor yang Mempengaruhi Pelaksanaan Inisiasi Menyusu Dini (IMD). *Ensiklopedia of Journal*, 6(3).
- Yuliasuti, E., Retnowati, A., & Inisiasi, K. K. (2024). *Literature Review : Faktor- Faktor yang Memengaruhi Pelaksanaan Inisiasi Menyusui Dini*. 3(1), 920–927.