



THE IMPACT OF TRANSCULTURAL NURSING-BASED CULTURE AND LIFESTYLE ON THE SUCCESS OF EXCLUSIVE BREASTFED

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ARTICLE HISTORY

Received: 14 September 2024

Accepted: 22 October 2024

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ABSTRACT

Introduction: According to transcultural nursing theory, universal and specific care approaches for people's health and wellbeing will be influenced by people's or groups' culture, values, beliefs, and practices. Infant mortality rates for babies who are not exclusively breastfed are high (IMR).

Methods: Cross-sectional analysis was performed in this study. 289 respondents made up the study's sample size. Chi Square was used in the statistical analysis.

Results: 64 respondents (22%), who placed a high priority on cultural norms and lifestyle, exclusively breastfed their infants. In contrast, 41 respondents (14%) did not exclusively breastfeed their infants.

Conclusion: cultural negotiations will increase the rate of exclusive breastfeeding

Keywords: *transcultural nursing, culture and lifestyle, exclusive breastfed*

Cite as:

Narendra, Yoga Hadi. (2025). The Impact of Transcultural Nursing-Based Culture and Lifestyle on The Success of Exclusive Breastfed. *Indonesian Journal of Community Health Nurs.*, 10(1), 6-8. Doi: 10.20473/ijchn.v10i1.43878

INTRODUCTION

Accurate knowledge, family support, health care systems, and leadership support from the community all have an impact on exclusive breastfeeding (World Health Organization, 2014). The custom and culture of the community dictates that babies who are breastfed nevertheless require extra food and drink. According to transcultural nursing theory, universal and specific care approaches for people's health and wellbeing will be influenced by people's or groups' culture, values, beliefs, and practices. Infant mortality rates for babies who are not exclusively breastfed are high (IMR) (Jang et al., 2017). The baby will be fussy in the short term and be susceptible to stomach and intestinal infections, constipation, and jaundice. Long-term effects, cholestasis, Chron's disease, ulcerative colitis, a low IQ, an unstable emotional/spiritual state, and a chance of SIDS or sudden infant death.

One of the customs of the people in Sampang Regency, Madura, is the culture of early feeding with the phrases giving rice cake, gedheng sabeh or gedheng sapeh, and gedheng salary so that the infant grows big and strong rapidly. The local population views the practice of feeding infants before they are ready as natural and culturally accepted in the hopes that the child would grow up healthy.

METHODS

Cross-sectional analysis was performed in this study. 289 respondents made up the study's sample size. Non-probability sampling with purposive sampling is the sampling method employed in this study. Interviews and questionnaires were used as research tools in this study. Chi Square was used in the statistical analysis of the outcomes of the responses to the questionnaire's questions. If the sig p value is less than 0.05, then the study hypothesis is accepted, and this determines the level of significance. Because human participants are involved in this study, researchers need to be aware of research ethics. The researchers submitted an ethical test to the ethics commission to gauge the study's moral viability. The researcher did the research while paying attention to research ethical issues after an ethical test was carried out and this study was deemed ethically feasible with proof of an ethical certificate.

RESULTS

Table 1 Distribution of Respondents Based on Cultural Values and Lifestyle

Parameters	Category	Frequency	Percentage (%)
Cultural values and lifestyle	Positive	129	45
	Negative	160	55
Total		289	100

Table 2 Distribution of Respondents Based on Exclusive Breastfeeding

Parameters	Category	Frequency	Percentage (%)
Exclusive breastfeeding	Giving exclusive breastfeeding	105	36
	Not giving exclusive breastfeeding	184	64
Total		289	100

Table 3 The Effect of Cultural Values and Lifestyle on Exclusive Breastfeeding

Cultural values and lifestyle	Exclusive Breastfeeding				Total	
	Giving exclusive breastfeeding		Not giving exclusive breastfeeding		Sum	Percentage (%)
	Frequency	Percentage (%)	Frequency	Percentage (%)		
Positive	64	22	65	22	129	46
Negative	41	14	119	41	160	54
Total	105	36	184	64	289	100

Chi square $p = 0.000$

According to Table 3, 119 respondents (41%), who had negative opinions about cultural values and lifestyle, did not support exclusive breastfeeding, while 65 respondents (22%) supported. 64 respondents (22%), who placed a high priority on cultural norms and lifestyle, exclusively breastfed their infants. In contrast, 41 respondents (14%) did not exclusively breastfeed their infants. The chi square statistical test yielded $p = 0.000$ (0.05), which indicates that H1 is accepted and that cultural values and lifestyle have an impact on exclusive breastfeeding.

DISCUSSION

Exclusive breastfeeding is recognized to be influenced by all transcultural nursing elements, including technology considerations, religious and philosophical issues, social and family aspects, cultural values and lifestyle factors, political and legal factors, economic factors, and educational factors. There are persons in society who are influential, who become role models or whose ideas are accepted; culture is the beliefs and values held by the community (Laura & Santos, 2016). Data demonstrate a strong correlation between the practice of exclusive breastfeeding and cultural beliefs and lifestyle factors. The majority of respondents indicated that they concurred with, truly respected, and followed recommendations or directives from significant figures in their immediate surroundings (such as husbands, parents, in-laws, neighbors, health professionals, religious leaders, and community leaders) that influenced the cultural values and way of life they believed in. mothers who are nursing (Islam et al., 2017).

The mother's decision to give early MP-ASI so as not to provide exclusive breastfeeding is supported by negative culture and lifestyle values, which are ideas that do not promote or relate to health (Yunitasari et al., 2016). Respondents have unfavorable cultural and lifestyle beliefs, such as the practice of giving neonates young coconut water or ro'-moro', which is intended to make the child healthy and strong, or of feeding babies mashed bananas with rice or lotek so they can fast nod off and cease eating.

crying, as well as the practice of feeding the infant extra food and formula before they are six months old.

Positive cultural values and behaviors are held by research participants, however their responses do not align with the adopted culture. The majority of those who responded to the survey did not share the Sreseh community's beliefs and myths, such as the notion that feeding lotek and ro'moro to babies causes them to grow big and strong quickly, but they nonetheless gave them. The belief that giving lotek and ro'moro helps babies relax and sleep well has long been developed in the Sreseh Health Center work area because much of it has been proven and recommended by parents and the community where the baby's mother lives. According to respondents, this belief is shared by respondents. Some respondents with cultural values and positive lifestyles still do not provide exclusive breastfeeding, despite believing that breastfeeding is good for the growth & development of babies, that breastfeeding is a natural and natural act for mothers, and that cultures that are contrary to health and taboos on food are in fact harmful for babies (Festy Wiliyanarti & Aziz Alimul Hidayat, 2020).

According to the description above, cultural beliefs and way of life are connected to exclusive breastfeeding at the Sreseh Health Center's working environment. Negative cultural attitudes and habits that have persisted for generations might lead to incorrect newborn feeding patterns and prevent a mother from exclusively breastfeeding. The woman cannot breastfeed her child exclusively. Due to the fact that some of the respondents' cultures may be harmful to infants' health, the researcher also thinks that cultural dialogues need to be conducted. This seeks to lower newborn mortality rates, the number of infants with malnutrition, and both (Saleh et al., 2017).

Leininger contends that despite their culture's shortcomings, people have a tendency to uphold it. Cultural perspectives can affect the attitudes, actions, and reactions women have toward their kids. Belief in satisfying one's food needs is crucial for maintaining behavior in terms of managing one's eating habits and mothers' feeding habits for their infants (Zahiruddin et al., 2016).

CONCLUSION

Sometimes unless cultural values and lifestyles are positive, effectively used, and the respondent's negative characteristics in the perspective or manner of care given to their baby are contrary to health science in this case having a culture of complementary feeding for babies who are still in the exclusive breastfeeding stage, cultural negotiations will increase the rate of exclusive breastfeeding.

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