



CORRELATION BETWEEN MATERNAL EDUCATION AND EMPLOYMENT STATUS WITH EXCLUSIVE BREASTFEEDING HISTORY

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Abstract

Background: In 2022, the sole lactation coverage rate in Indonesia was recorded at 67.96%. According to the East Java Provincial Health Office, 67.54% of women in the province of East Java were exclusively nursing in 2022. This falls very short of the 80% goal set by the Republic of Indonesia's Ministry of Health in 2020. Infants require breast milk and adequate nutrition to increase their nutrient levels during growth. Exclusive breastfeeding cannot be optimally provided due to various factors such as maternal education history, which influences the mother's limited knowledge about the importance of exclusive breastfeeding maternal employment. These two factors affect the provision of exclusive breastfeeding to infants. Given the foregoing context, the study's goal was to discover how a mother's job description affected her history of exclusive breastfeeding. **Method:** The study employed a cross-sectional strategy and a quantitative, analytical observational design. Purposive sampling was used to choose 111 participants for the study, who were all mothers with infants between the ages of 6 and 12 months. The study will be carried out in Madiun City's Public health Service Tawangrejo East Java, Indonesia. operational region. This study was conducted from February to April 2024. Data collection utilizes questionnaires. The chi-square test was used to analyze the data. **Result:** The p-value is 0.03 or less than 0.05, showing that the history of exclusive breastfeeding was significantly correlated with the mother's employment position and educational attainment. Mothers with a history of exclusive breastfeeding have a poor association between their employment status and education, as indicated by their correlation coefficient (R) value of 0.362. **Conclusion :** there is a relationship between education, employment level, and history of exclusive breastfeeding at the Tawangrejo Community Health Center in Madiun, East Java, Indonesia.

keyword : breastfeeding, education level, employment status

INTRODUCTION

Exclusive breastfeeding is a natural food given to infants at birth. For the first six months of life, a baby is exclusively breastfed and not given any other food or beverage than breast milk. ASI is the best food for infants, but many mothers, especially working mothers, often neglect this aspect. Exclusive breastfeeding is a way to reduce infant morbidity and mortality (Safitri and Puspitasari, 2019).

According to data released by the World Health Organization (WHO) in 2021, approximately 44% of infants aged 0-6 months globally were exclusively breastfed between 2015 and 2020; this falls short of the global goal of 50%

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DOI: 10.20473/imhsj.v8i4.2024.371-377



exclusive breastfeeding coverage. . According to the 2020 Riskesdas data, 66.1% of babies in Indonesia received exclusive breastfeeding (Kementrian Kesehatan RI, 2018). In East Java province, exclusive breastfeeding coverage, as reported by the Provincial Health Department, reached 71.63% in 2023. In the city of Madiun East Java Indonesia, the coverage rate of exclusive breastfeeding (EBF) reached 73.6% in 2023 (Dinas Kesehatan PP dan KB Kota Madiun, 2022). At the Tawangrejo Community Health Center East Java Indonesia, the coverage rate of EBF reached 61.5% in 2023. The coverage of exclusive breastfeeding at Puskesmas Tawangrejo is not yet optimal. One reason is the mother's job. The working mother has limited time to provide exclusive breastfeeding. The short maternity leave period requires mothers to return to work before the exclusive breastfeeding period ends.

Stunting risk can be decreased in infants who are exclusively breastfed. This is corroborated by research showing that infants who are not exclusively breastfed until they are six months old are more likely to get respiratory and gastrointestinal diseases (WHO, 2020). Breastfeeding can prevent 1/3 of upper respiratory tract infections, reduce diarrhea incidence by up to 50%, and decrease severe gut diseases in premature babies by 58%. In mothers, the risk of breast cancer decreases by 6–10%. Exclusive ASI enhances a child's IQ, potential for better job prospects, and optimal income. Infants who do not receive enough breast milk will experience slower growth, affecting their weight, length, and head circumference. Breast milk also contains antibodies that protect babies from infections, such as ear, respiratory, and gastrointestinal infections (Sembiring, 2022).

However, the reality in the field reveals several astonishing facts. A mother's understanding of exclusive breastfeeding methods increases with her educational attainment. Mothers with higher education tend to seek information about exclusive breastfeeding more effectively than mothers with lower education. Mothers with low education tend to provide breastfeeding based on the culture and customs inherited from their parents. In line with this, mothers who work outside the home may face limitations and opportunities in breastfeeding their baby. This limitation may manifest in various forms, such as constraints on space and time as well as a lack of lactation facilities at the workplace. This will affect the provision of exclusive breastfeeding to their baby (Ramli, 2020).

In light of the background information provided above, the researcher intends to investigate the association between the job status and educational attainment of mothers who have a past of breastfeeding exclusively in the Tawangrejo Community Health Center's operating area in Madiun City, East Java Indonesia.

METHOD

The research project included a cross-sectional procedure and a quantitative, analysing empirical design. Purposive sampling was used to choose 111 respondents for the study, who were all mothers with infants between the ages of 6 and 12 months. The study will be undertaken in Madiun City's Puskesmas Tawangrejo East Java Indonesia. This study was conducted from February to April 2024. The following eligibility requirements were used when sampling was done: Mothers with infants 6–12 months old; Mothers who are open to participating; Mothers and infants in the Tawangrejo Health Center's East Java Indonesia. Data collection utilizes questionnaires. The chi-square test has been employed for assessing the data.

RESULT AND DISCUSSION

Based on the data collected and analyzed, the study “Correlation Between Maternal Education And Employment Status With Exclusive Breastfeeding History” found the following results:

Table 1. Level of mother's education

Criteria	Frequency (f)	Percebtage (%)
Basic education (SD)	14	16,1
Secondary education (SMP,SMA)	40	46
Higher education (D1,D2,D3,34,S1,S2,S3)	33	37,9
Total number	87	100

Table 1 highlights that, of the 87 respondents, has secondary Education provides the greatest percentage of Ibu education, with about 40 respondents (46.0%).

External factors that can hinder breastfeeding include education, knowledge, occupation, income, family support, and the role of healthcare providers. Mothers with higher education tend to introduce complementary feeding (MP-ASI) earlier than mothers with lower education, who introduce MP-ASI after



the baby is 4 months old. High levels of education without knowledge of exclusive breastfeeding practices can impact exclusive breastfeeding rates (Bakri *et al.*, 2022).

Table 2. employment status of respondent

Criteria	Frequency (f)	Percentage (%)
Working	42	48,3
Not Working	45	51,7
Total number	87	100

Table 2 explains that, of the 87 respondents, 45 (51.7%) are mothers, revealing that the majority of them have job opportunities.

This is in agreement with studies that reveal a negative relationship between the success of breastfeeding exclusively and the professional standing of the mother. Time restrictions, the quality of the bond with the infant, workload, stress, and breastfeeding confidence are some of the issues that working mothers frequently deal with. On the flip side, compared to working mothers, non-working women are four times more likely to exclusively breastfeed (Asih Dwi Astuti, Siti Rochmaedah and Rahma Tunny, 2022).

The working mother has limited time to breastfeed her baby due to commitments outside the home. While still able to provide exclusive breastfeeding with pumping, this is often hindered by a lack of knowledge about expressing breast milk and a lack of support from family or the work environment, resulting in mothers being less motivated to pump (Muhammada and Anasril, 2020).

Table 3. History of Exclusive Breastfeeding of respondent

Criteria	Frequency (f)	Percentage (%)
Not Breastfeeding	43	49,4
Breastfeeding	44	50,6
Total number	87	100

Table 3 illustrates how a number of mothers (44 responses, or 50.6%) out of the 87 respondents stated exclusive breastfeeding. Of the women who responded, 43 (49.4%) did not exclusively breastfeed.

Based on data, exclusive breastfeeding rates are still suboptimal despite its numerous benefits for infants. Exclusive breastfeeding reduces the risk of infant mortality by providing colostrum with antibodies and proteins for immunity and germ-killing capabilities. Formula milk excludes these enzymes, and absorption is

dependent on the baby's intestinal enzymes. In contrast, breastfeeding contains these enzymes, which aid in food absorption without interfering with other intestinal enzymes (Kemenkes, 2021).

It is disheartening that the number of mothers of exclusive breastfeeding is still low, recognizing the numerous benefits it offers. A number of things, particularly cultural views, education, and understanding, can affect exclusive breastfeeding. Maternal health, time availability, and family income are supporting variables. Support from family members and health care professionals provides inspirational aspects (Kebo, Husada and Lestari, 2021).

The significance level. If the p-value is less than 0.03 ($p > 0.05$), it can be interpreted that there is a significant relationship between the education level and employment status of mothers on exclusive breastfeeding history. The value of R (correlation coefficient) is 0.362, thus it can be concluded that the relationship between the education and employment status of mothers and the history of exclusive breastfeeding is low.

External factors that may impede breastfeeding include education, knowledge, occupation, income, family support, and the influence of healthcare providers (Bakri *et al.*, 2022). A working mother is experiencing difficulty in providing exclusive breastfeeding due to having to juggle her time with work. It can be observed that the busier mothers are with work, the fewer of them exclusively breastfeed. In working mothers, not providing exclusive breastfeeding indicates a tendency due to limited opportunities to exclusively breastfeed, conflicting with the obligations of work (Ramli, 2020).

The low awareness of working mothers to provide exclusive breastfeeding at the Tawangrejo Community Health Centre may be influenced by limited time for mothers to breastfeed due to having to go to the office. In addition, the lack of knowledge and support from family and the work environment are equally important as contributing factors. This may be due to the lack of breastfeeding rooms or lack of breastfeeding storage facilities. Many companies do not have breastfeeding rooms or breastfeeding storage facilities, managers or colleagues lack support, and support from family and work environment is lacking.



CONCLUSION AND SUGGESTION

there is a significant low relationship between the education and employment status of mothers with a history of exclusive breastfeeding in the Tawangrejo Health Center in Madiun City. Other researchers are expected to further develop this study by exploring other factors that influence exclusive breastfeeding using different samples and study periods to provide a broader picture.

DECLARATION

Conflict of Interest

The author states that there were no conflicts in this study.

Authors' Contribution

All autor contribute from concept in writing draf article.

Ethical Appraoval

Research Ethics Committee of Faculty Health, Institut Ilmu Kesehatan Bhakti Wiyata Kediri 09/FKes/TK/2024

Funding Source

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Data Availability

The data supporting this reserch are available from the authors on reasonable requerst

Acknowledgements

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