



## THE RELATIONSHIP PROVIDES EXCLUSIVE BREASTFEEDING WITH THE NUTRITIONAL STATUS OF INFANTS AGED 0 – 6 MONTHS AT THE COMMUNITY HEALTH CENTER MENGANTI VILLAGE, GLAGAH DISTRICT, LAMONGAN REGENCY

Research Report

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### ABSTRACT

**Introduction:** Nutritional needs are a very important requirement for a baby's growth and development. Most of the nutrients needed for babies aged 0-6 months are determined by the quantity and quality of mother's milk because exclusive breastfeeding has a balanced composition and is ideal for babies. The problem of malnutrition is considered by the community as a matter of course so often babies who experience malnutrition are not taken to the community health center or hospital. from the results of a preliminary study in Menganti Village, Glagah Subdistrict, Lamongan Regency, out of 10 babies aged 0-6 months, 10% of infants with poor nutritional status were found. The purpose of this study was to analyze the relationship between exclusive breastfeeding and the nutritional status of infants aged 0-6 months. **Methods:** The design of this study is a correlation study with a cross sectional approach, with a mother population of 26 respondents, a sample of 25 respondents. Sampling using simple random sampling technique, data taken using questionnaire sheets and observation sheets, then analyzed by spearman test with a significance level of 5 0.05. **Results:** The results showed that (40%) mothers gave exclusive breastfeeding and (72%) babies had good nutritional status. The statistical test results obtained  $r_s = 0.345$  and  $p = 0.092$ , where  $p > 0.05$ . **Conclusion:** The conclusion in this study is that there is no relationship between exclusive breastfeeding and infant nutritional status. The implications of this study require the role of health workers to provide health education to mothers about breastfeeding that is appropriate for infants.

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### INTRODUCTION

Nutritional needs are a very important requirement in helping the process of growth and development in infants and children, considering the benefits of nutrients in the body can help the process of growth and development of children, and prevent various diseases due to lack of nutrients in the body. In addition, nutritional needs can also help in daily activities because nutrition is also a source of energy which requires various organs in the body, and also as a source of substances for building and regulating in the body (A. Aziz Alimul Hidayat, 2005; 87).

The growth and development of infants and toddlers is largely determined by the amount of breast milk obtained, including energy and

other nutrients contained in the milk. Breast milk without other food ingredients can meet the growth needs of around six months. Giving ASI without giving other food for six months is called exclusive breastfeeding (Arifin Siregar, 2005).

The problem of malnutrition is not enough to get attention from the public at an early time, but realized after becoming severe. This can be caused by poor nutrition not accompanied by pain. Experience shows that cases of malnutrition are found in children, but people do not realize it as a problem. Even cases of malnutrition are considered as normal so that people will not try to bring sufferers to health centers or hospitals.

According to the 2002-2003 Demographic and Health Survey (SDKI) in 2003

there were around 6.7 million children under five (27.3%) suffering from malnutrition and 1.5 million of them malnourished. WHO data also mentions the incidence of malnutrition in 2002 for children under five increased to 8.3% and rose again in 2005 to 8.8%.

Based on the results of the recapitulation from the Health Office of the Lamongan District Government in June 2009 from the Puskesmas and Posyandu that reported 13,670 babies, and obtained 320 (2.38%) infants who were malnourished. While in July 2009 there were 13,700 babies and 326 (2.34%) infants were malnourished. From the data, it was obtained that only those who gave exclusive breastfeeding in June amounted to 768 babies (5.62%) and in July it was 780 (5.69%).

From the results of a preliminary survey dated February 19, 2010 conducted in Menganti Village, Kec. Glagah Kab. Lamongan for 10 babies aged 0-6 months, got 1 baby (10%) with malnutrition status and 9 babies (90%) with good nutritional status. So the problem in this study is the presence of infants with nutritional status is

less likely to be influenced by several factors including education, socio-economic status, nutrition (exclusive breastfeeding) and the role of health workers.

## MATERIALS AND METHODS

This type of research is a correlation study using the simple random sampling method. The population of this study was all mothers who had babies aged 0-6 months in the Menganti Village Community Health Center in Glagah Subdistrict, Lamongan Regency. The samples were all mothers who had infants aged 0-6 months at the Menganti Village Community Health Center Menganti, Glagah Subdistrict, Lamongan Regency in May 2010 that met inclusion criteria with a sample size of 25 people. The independent variable is exclusive breastfeeding for infants aged 0-6 months and the dependent variable is the nutritional status of infants aged 0-6 months. Data collection using questionnaire sheets and observation sheets. processing data using editing, coding, tabulation and percentage.

## RESULTS

**Table 1** Distribution of respondents by age in Menganti Village, Glagah District, Lamongan Regency

No	Age	Total (n)	Percentage (%)
1	16-20 years	5	20
2	21-35 years	12	48
3	>35 years	8	32
<b>Total</b>		25	100

Shows that almost half (48%) of the respondents were 21-35 years old and a small proportion (20%) were 16-20 years old.

**Table 2** Distribution of Respondents by education in Menganti Village, Glagah District, Lamongan Regency.

No	Education	Total (n)	Percentage (%)
1	Not school	3	12
2	Elementary school	5	20
3	Junior High School	9	36
4	Senior High School	7	28
5	Bachelor	1	4
<b>Total</b>		25	100

Shows that almost half (36%) of the respondents have junior high school education and a small proportion have a bachelor's degree.

**Table 3** Distribution of respondents by a job in Menganti Village, Glagah District, Lamongan Regency

No	Job	Total (n)	Percentage (%)
1	Housewife	17	68
2	Farmer	5	20
3	Entrepreneur Government	2	8
4	employees	1	4
<b>Total</b>		25	100

Shows that the majority (68%) of the respondents became housewives. A small proportion (4%) became government employees.

**Table 4** Distribution of Respondents by number of children in Menganti Village, Glagah District, Lamongan Regency

No	Number of Children	Total (n)	Percentage (%)
1	1 child	9	36
2	2-3 children	12	48
3	>3 children	4	16
<b>Total</b>		25	100

Shows that almost half (48%) of respondents have 2-3 children, while a small proportion (16%) of respondents have > 3 children.

**Table 5** Distribution of respondents by exclusive breastfeeding in Menganti Village, Glagah District, Lamongan Regency

No	Exclusive Breastfeeding	Total (n)	Percentage (%)
1	Exclusive Breastfeeding	10	40
4	Not Exclusive Breastfeeding	15	60
<b>Total</b>		25	100

Shows that most (60%) respondents do not exclusively breastfeed.

**Table 6** Distribution of Respondents based on the nutritional status of infants aged 0 – 6 months in Menganti Village, Glagah District, Lamongan Regency

No	Nutritional Status	Total (n)	Percentage (%)
1	Good	18	72
2	More	4	16
3	Less	3	12
<b>Total</b>		25	100

Shows that the majority (72%) of infants aged 0-6 months are good, while a small proportion (12%) have less nutritional status.

**Table 7** The Relationship Provides Exclusive Breastfeeding with the Nutritional Status of Infants Aged 0 – 6 Months at the Community Health Center Menganti Village, Glagah District, Lamongan Regency.

No.	Exclusive Breastfeeding	Nutritional Status of Infants 0-6 Months								Total	
		Good		More		Less		Bad			
		Σ	%	Σ	%	Σ	%	Σ	%	Σ	%
1.	Exclusive Breastfeeding	9	90	1	10	0	0	0	0	10	100
2.	Not Exclusive Breastfeeding	9	60	3	20	3	20	0	0	15	100
Jumlah		18	72	4	16	3	12	0	0	25	100

$r_s = 0,345, p = 0,704$

Shows that almost all (90%) exclusive breastfeeding has a good nutritional status, while a small proportion (12%) has a less nutritional status. Based on statistical tests using SPSS, it shows that there is no relationship between exclusive breastfeeding and the nutritional status of infants aged 0-6 months ( $p = 0.092$ ).

## DISCUSSION

Exclusive breastfeeding, the results of the study show that most mothers do not give exclusive breastfeeding. This is due to one of them being a factor of education that is still low, as evidenced by almost half or 36% of the parents of their last education being junior high school. Lack of understanding and knowledge of mothers about the benefits of breastfeeding and breastfeeding causes mothers to be easily affected and switch exclusive breastfeeding to bottled milk (formula milk). This is in accordance with the opinion of Soekidjo Notoatmojo (2007) which states that education is an effort planned to influence individuals, groups, communities to adopt health behaviors. The higher the education obtained by someone, the easier it is to receive the new information they need about the importance of giving exclusive breastfeeding to infants aged 0-6 months. On the contrary, with the lower level of education received by a mother, the maternal obstacle in receiving information is also large, so that there is minimal knowledge of the mother about the importance of exclusive breastfeeding.

The high and low level of maternal education is closely related to the level of knowledge of health care, hygiene, and awareness of the health and nutrition of children and their families. The level of education also determines whether or not it is easy for someone to absorb and understand the knowledge of nutrition they get from the interests of family nutrition. (Suhardjo, 2003)

Besides that, the age of mothers who are still relatively young makes them experience little about the importance of exclusive breastfeeding in their babies. This is consistent with the opinion of Soekidjo Notoatmojo (2007) which states that experience is the best teacher and is a source of knowledge to obtain a truth. An experienced mother will know more about the advantages of exclusive breastfeeding so they will prefer exclusive breastfeeding compared to formula milk or canned milk.

Baby Nutrition Status, the results of the study show that more than half of babies have good nutritional status. This can be caused by the majority of mothers or 68% who do not work. With mothers who are not involved in economic activities, mothers can give full attention to their babies, so that babies experience less nutrition. Babies aged 0-6 months need attention, especially their nutrition, because at that age babies are still very vulnerable to diseases, especially digestive

problems that can cause babies to experience diarrhea and digestive infections.

In mothers who are involved in economic activities generally they lack attention in infants, especially nutrition problems, they are usually more preoccupied with work than their babies. Usually in mothers who are more preoccupied with work, their babies will be weaned faster. This is in accordance with the opinion of Suhardjo (2003) babies are very dependent on the mother or caregiver in meeting their needs. In mothers who work usually toddlers are weaned faster. Early weaning will negatively affect the nutritional status of children if weaned children's food is not considered.

Another factor that influences the nutritional status of infants is the number of children in the family, it can be seen that almost half or 48% have 2-3 children. The more families there are, the more nutritional fulfillment will be. It is said that there are too many children if the number of children in the family is more than 3 (BKKBN; 2006). With too many children it can cause risk not only to accelerate the rate of population growth but also to increase the family's economic burden with risks including nutrition, dropping out of school, lack of attention and affection. Whereas families with too many children must be smart in managing household needs in order to create a prosperous and healthy family.

Relationship between Exclusive Breastfeeding and Infant Nutritional Status, Based on the results of the research from the Spearman test it was found that there was no significant relationship between exclusive breastfeeding and the nutritional status of infants aged 0-6 months. This is due to the fact that exclusive breastfeeding is not balanced on the way or adequate amount or the quality of ASI that is also insufficient, because there are still many other factors that affect the baby's nutritional status such as education and socio-economic status. Educational factors are more related to the level of knowledge of health care, hygiene, nutrition and awareness of infant health. Then socio-economic factors, the higher the socio-economic level will be better, this is because the fulfillment of nutrition for mothers and babies can be fulfilled.

From the results of the cross table between exclusive breastfeeding and the nutritional status of infants aged 0-6 months, it was still found in infants who did not receive exclusive breastfeeding, the nutritional status of infants was in the good category of 60% and less

by 20%. This is possible due to other factors that influence the nutritional status of infants in addition to exclusive breastfeeding factors. In addition, the number of samples, instruments and limited research time also become obstacles in this study.

### CONCLUSION

- 1) Most mothers who have babies aged 0-6 months in Menganti Village, Glagah District, Lamongan Regency do not provide exclusive breastfeeding.
- 2) Most babies in Menganti Village, Glagah District, Lamongan Regency have good nutritional status.
- 3) There is no relationship between the provision of exclusive breastfeeding and the nutritional status of infants in Menganti Village, Glagah District, Lamongan Regency in 2010.

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