

The Relationship between Breastfeeding Education Classes and Breastfeeding for Infants at the Benteng Public Health Center, Nusaniwe District, Ambon City

Algraciela Pellaupessy¹, Regina Vidya Trias Novita^{2*}

^{1,2}STIK Sint Carolus, 10440, Jakarta, Indonesia.

*Correspondence : reginanovita04@gmail.com

Abstrak: Breastfeeding is an activity of providing nutrition for newborns which requires skills. The purpose of this study was to find out about the relationship between breastfeeding education classes with mothers with toddler breastfeeding at the Benteng health center, Nusaniwe, Ambon City. Correlative descriptive research method with approach cross sectional. The population of this study consisted of 260 mothers who had toddlers. The research sample were mothers who had a toddler with a sample of 158 respondents. Data collection tools used questionnaires. Data analysis was carried out using chi square test with trusted level $\alpha = 0,05$. The results of this study were obtained about education classes of Antenatal Care most respondents are who follow education classes (79.1%). Postpartum education classes most respondents are who follow education classes (68.4%). Breastfeeding for 6 months accounted for 84.8% then breastfeeding >6 month-1 years 79.7% and breastfeeding >1-2 years 53.8%. The statistics score of Chi Square test showed a significant relationship between Antenatal Care education classes with breastfeeding for 6 months (p value 0.012), then there is a significant relationship between Antenatal Care education classes with breastfeeding >6 month-1 years (p value 0.035), nothing relationship between Antenatal Care education classes with breastfeeding >1-2 years (p value 0.328), nothing relationship between Postpartum education classes with breastfeeding 6 months (p value 0.340), Postpartum education classes with breastfeeding >6 month-1 years (p value 0.832), and Postpartum education classes with breastfeeding >1-2 years (p value 1.000).

Keywords: *Breastfeeding Education, Breastfeeding, Infant, Nutrition therapy*

INTRODUCTION

In developing countries, the time of delivery and the first week after delivery is a critical period for both mother and infant, in terms of nutrition. Breastfeeding provides nutrition to babies after birth that requires skills, so it requires assistance from health workers to achieve the first 1000 days of life (Kemenkes, 2016)(Sari & Ratnasari, 2021). The data from World Health Organization (WHO, 2016) shows the coverage of exclusive breastfeeding is very volatile where the figure is still very far from the target of 80%. Exclusive breastfeeding coverage in several Asian countries is also still quite low, including India at 46%, the Philippines 34%, Vietnam at 27%, Myanmar at 24%, China at 28%, Indonesia at 42%, Mongolia at 66% (Yulianti N, Abdullah, 2019).

WHO program is also derived through the Sustainable Development Goals (SDG, 2016) program which is number 3, one of which is ending preventable infant and under-five mortality, by reducing the Neonatal Mortality Rate (AKN) to 12 per 1,000 live births. The Mortality Rate 25 per 1,000 live births in the implementation of Early Breastfeeding Initiation (IMD), can participate in increasing the success of exclusive breastfeeding and duration of breastfeeding so that it is expected to help reduce poverty, help reduce hunger because breastfeeding can, meet the food needs of babies until the age of two years, helps

reduce the mortality rate of children under five (Laksono et al., 2021; Nufra, 2020).

The Ministry of Health of the Republic of Indonesia through the program improvement community nutrition has targeted the coverage of exclusive breastfeeding at 80% and is expected to be achieved in 2019. The provinces that have given exclusive breastfeeding reached 80% are West Sulawesi 80,28%, while other provinces such as West Nusa Tenggara 87,35%, and West Java 90,79%. The four provinces with the lowest achievement are West Papua 20.43%, North Sulawesi 38.69%, Maluku 41,51%, and Gorontalo 30,71% (Amir, 2021).

Breast milk is one of the ideal foods to meet the nutritional needs of newborns. Breast milk is a nutrient needed for the development and growth of babies. UNICEF and WHO recommends exclusive breastfeeding for up to 6 months, after the six month babies should be given additional food, both soft and solid (Ministry of Health, 2017) (Abdulahi M, Fretheim A, Argaw A, 2021). Breast milk contains various immunoglobulin, and anti-inflammatory components, and a supporter in the development of the immune system and reduces the incidence of respiratory tract infections (Williams et al., 2020; (Su et al., 2007); (Kong et al., 2012)). The risk of death for infants who are not breastfed is 14 times higher than for those who are exclusively breastfed (WHO, 2020).

Based on a preliminary study that conducted at the Benteng Health Center in Ambon City, it found that breastfeeding data during 2020 experienced a downward and rising graph every month, with the following explanation: in January there was an increase, namely six mothers who gave breast milk, but there was a decrease in February only two mothers, there was an increase again in March as many as four mothers, again there was a decrease in April, namely two mothers, for May and June there was no breastfeeding, while In July, the increase again occurred, namely four mothers who gave breast milk. In addition, interviews were conducted to ten mothers in Ambon, and it was found that six mothers who routinely attend education classes at the post said they understood more about breastfeeding, the benefits of breastfeeding, and correct breastfeeding techniques, while 4 other mothers did not attend educational classes, and only doing routine check-ups at the first health facility, said that they understand breastfeeding, but mothers are reluctant to breastfeed their babies for fear of sore nipples, busy working and currently pursuing further education. So, the mother decided to give formula milk. The researchers are interested in knowing the relationship between ANC and postpartum education classes with breastfeeding. The objective of this study to determine the relationship between breastfeeding education classes and breastfeeding for toddler mothers at Benteng Health Center, Nusaniwe sub-district, Ambon City

METHOD

This study uses a quantitative cross sectional design that was conducted at the Benteng Health Center Nusaniwe Subdistrict, Ambon City in June-July 2022. The sample of this study was taken using 158 mothers with the inclusion criteria who have toddlers 2-5 years old, mother can read and write and didn't have mental or physical illness. The data collection tool in this study used a questionnaire and was processed using SPSS. The statistical data analysis used was based on the measuring scale of the two variables in this study, Chi-Square. The results of the significance of statistical calculations used the significance of = 0.05. The results of the statistical test are said to be meaningful if they have a p-value <0.05 and are said to be meaningless if the p-value is > 0.05. This research has obtained an ethical license with the Ethical Clearance number 061/KEPPKSTIKSC/VII/2021.

RESULT

This research was conducted at the Benteng Health Center Nusaniwe subdistrict with 158 respondents and will describe with table 1.

Table 1. Distribution Frequency of Responden Characteristic

Responden Characteristic	N	%
Age		
< 35 years old	92	58.2
>35 years old	66	41.7
Education		
Senior high school	123	77.8
Higher Education	35	22.1
Occupation		
Working	127	80.3
House wife	31	53.4

Table 1 Explains that the majority of mothers aged <35 years are 58.2% and 77.8% are high school graduates. Even though they graduated from high school, the majority of mothers were working 80.3%

Table 2. Distribution Frequency of ANC and Postpartum Classes at Benteng Health Center Ambon City

Activity	Educational Classes	Post Partum
Attended	123 (79.1)	108 (68.4%)
Not Attended	33 (20.9)	50 (31.6)

Based on table 1. It shows that the majority of mothers received education at the time of antenatal care 79.1% and at the time of postpartum 68,4%.

Table 3. Distribution Frequency Giving Breast Milk in Children

Giving Breast milk	N	%
0-6 month Years old		
Yes	134	84.8
No	24	15.2
6 month till 1 years old		
Yes	126	79.7
No	32	20.3
1-2 years old		
Yes	58	53.8
No	73	46.2

Based on table 2. It was found that the majority gave breast milk when the child was less than 1 year old, which was around 84.4% when he was 0-6 months old and 79.7% when he was 6 months -1 years old.

Table 4. Relationship between Educational Classes during ANC and Breastfeeding at Benteng Health Center Ambon City

Education Class ANC	Giving breast milk 0-6 month				p value
	Yes		No		
	N	%	N	%	
Attended	111	88.8	14	11.2	0.012
Not Attended	23	69.7	10	30.3	
	Giving breast milk 6 month till 1 years old				
Attended	104	65.8	125	79.1	0,035
Not attended	54	34.1	33	20.8	
	Giving breast milk 1-2 years old				
Attended	70	44.3	125	79.1	0.328
Not attended	88	55.6	33	20.8	

Table 4. Explain the ANC education class and breastfeeding for six months with a value of 0.012 < from the value of (0.05) this indicates that there is a relationship between education class with exclusive breastfeeding, and then there is a significant difference between giving breast milk 6 months -1 years old.

Table 5. Relationship between Educational Classes during Postpartum and Breastfeeding at Benteng Health Center Ambon City

Education Class Post partum	Giving breast milk 0-6 month				p value
	Yes		No		
	N	%	N	%	
Attended	94	87.0	14	13.0	0.340
Not attended	40	80.0	10	20.0	
	Giving breast milk 6 month till 1 years old				
Attended	87	80.6	21	19.4	0.832
Not attended	39	78.0	11	22.0	
	Giving breast milk 1-2 years old				
Attended	58	53.7	50	46.3	1.00
Not attended	27	54.0	23	46.0	

Tabel 5. For a postpartum education class with breastfeeding for six months till two years old with a value of 0.340 > from the value of (0.05), this means that there is no relationship between postpartum education class and breastfeeding for six months.

DISCUSSION

From the results of the study, it was found that the ANC education class was significantly related to breastfeeding for six months with a p-value of 0.012 < from the value of (0.05). This means that there is a significant difference in breastfeeding for six months after receiving education classes for mothers who do a pregnancy test. This study is in line with research conducted at the Sidoarjo Hospital which showed

there is a relationship between exclusive breastfeeding or breastfeeding for six months with the development of infants aged six months to 1 year with a value of $p=0.034$ ($p<0.05$).

Another study proves that a mother's participation in ANC education classes has a strong effect on the desire to give exclusive breastfeeding to babies (Aprilia & Fitriah, 2017; Lumbiganon et al., 2016). However, it is not in line with Umardi's research, 2014 which shows that there is no significant relationship between ANC education class participation with breastfeeding, it is obtained = 0.322 (>0.05). In this study, it was found that the education class during ANC was significant for breastfeeding at 6-12 months of age. This is supported by Oktanti's research, 2014 Breastfeeding >6-1 years class regarding the relationship between breastfeeding and Postpartum Education with ANC visits is not significant with a value = 0.746 (>0.05). However, it is not in line with the research conducted by Risnandya, 2015 that there is a relationship between the frequency of participation in Antenatal Care education classes on breastfeeding, showing that the value is = 0.001 (Risnandya, 2015).

For the postpartum education class with breastfeeding for six months with a value of 0.340, which is greater than the value of (0.05), this means that there is no relationship between postpartum education class and breastfeeding for six months. Another study explained that there was no relationship between postpartum education classes and attitudes toward breastfeeding with a value of = 0.338 (Rida Pertiwi, 2017). However, a study conducted by Rahmilasari (2021) showed that the participation of mothers in postpartum education classes in this study had a significant relationship (<0.5) with breastfeeding, with a significance value of 0.004 (Rahmilasari, 2021).

Another study explaining the breastfeeding self-efficacy education package and breastfeeding success in postpartum mothers showed that there was no relationship between breastfeeding self-efficacy and breastfeeding with a value of = 0.104 (Paradine, 2015; Zaman et al., 2022)). However, this is not in line with Riyanti's 2018 research on the effect of postpartum mother's breastfeeding education on breastfeeding self-efficacy. statistical test results obtained value = 0.000 so it can be concluded that there is a significant difference between the pre and post breastfeeding self efficacy scores (Riyanti et al., 2019). This is supported by Hapitra's research (2020) that there is no relationship between 7 breastfeeding contacts and the success of breastfeeding for 40 days postpartum with a value of = 0.32 (Hapitria, 2020). However, it is not in line with Laila's research, 2021, which shows that the -value 0.010 means that there is a relationship between class participation of pregnant women during postpartum and breastfeeding behavior.

CONCLUSION

After conducting research on 158 mothers at the Benteng Public Health Center, Nusaniwe District, Ambon City in 2021, the following conclusions were drawn: Mothers who attended ANC education classes and gave breast milk at the age of 6 months, breastfeeding >6-1 years and breastfeeding >1-2 years as many as 125 respondents (79.1%) and who did not attend ANC education classes and breastfeeding at the age of 6 months, breastfeeding >6-1 years and breastfeeding >1-2 years were 33 respondents (20.9%). Mothers who attended Postpartum education classes and breastfeeding at the age of 6 months, breastfeeding >6-1 years, and breastfeeding >1-2 years as many as 108 respondents (68.4%) and those who did not attend Postpartum education classes and breast-feeding at the age of 6 months, >6-1 years and >1-2 years as many as 50 respondents (31.6%). However, there is no significant relationship between attending ANC education classes and breastfeeding aged >1-2 years with a value of 0.328 and there is no significant relationship between attending Postpartum education classes with breastfeeding at the age of 6 months with a value of 0.340, an age >6-1 years with a value of 0.832. and age >1-2 years value 1,000.

REFERENCES

- Abdulahi M, Fretheim A, Argaw A, M. J. (2021). *Initiation and Exclusive Breastfeeding Practices and Infant Ethiopian Setting*. 1–15.
- Amir, F. (2021). *The Relationship between Mother's Attitudes About Exclusive Breastfeeding for Babies During the Covid-19 Period at the Cendrawasih Makassar Health Center* (Hubungan Sikap Ibu Tentang Pemberian ASI Eksklusif Pada Bayi Pada Masa Covid-19 Di Puskesmas Cendrawasih Makassar)

- Jurnal Kesehatan Delima Pelamonia*, 5(1), 40–46.
<https://ojs.akbidpelamonia.ac.id/index.php/journal/article/view/196>
- Aprilia, D., & Fitriah, A. (2017). *The Effectiveness of Breastfeeding Education Classes (KE) to Increase the Self-Efficacy of Breastfeeding Mothers in Providing Exclusive Breastfeeding in Banjarmasin* (Efektivitas Kelas Edukasi (KE) Menyusui untuk Meningkatkan Efikasi Diri Ibu Menyusui dalam Memberikan ASI Eksklusif di Banjarmasin) *Jurnal Studi Gender Dan Anak*, IV(2), 113–122.
- Hapitria, P. (2020). *The Influence of 7 Mother's Milk Contacts on Knowledge and Success of Breastfeeding for 40 Post Partum Mothers at Upt Puskesmas Cirebon City in 2019* (Pengaruh 7 Kontak Air Susu Ibu (Asi) Terhadap Pengetahuan Dan Keberhasilan Menyusui 40 Hari Post Partum Di Upt Puskesmas Wilayah Kota Cirebon Tahun 2019). *Dinamika Kesehatan: Jurnal Kebidanan Dan Keperawatan*, 11(1), 233–242. <https://doi.org/10.33859/dksm.v11i1.618>
- Kong, H., Reviewer, P., Yi, C. M., Student, D. N., Nurse, R., Reviewer, S., Man, H. S., Student, D. N., & Building, E. L. (2012). *The effectiveness of breastfeeding education on maternal breastfeeding self-efficacy and breastfeeding duration : a systematic review* Centre conducting the review Review question / objective Specific review questions are : November, 1–24.
- Laksono, A. D., Wulandari, R. D., Ibad, M., & Kusriani, I. (2021). The effects of mother's education on achieving exclusive breastfeeding in Indonesia. *BMC Public Health*, 21(1), 1–6.
<https://doi.org/10.1186/s12889-020-10018-7>
- Lumbiganon, P., Martis, R., Laopaiboon, M., Festin, M. R., Ho, J. J., & Hakimi, M. (2016). Antenatal breastfeeding education for increasing breastfeeding duration. *Cochrane Database of Systematic Reviews*, 2016(12). <https://doi.org/10.1002/14651858.CD006425.pub4>
- Nufra, R. (2020). *The Relationship between Knowledge and Attitudes of Post Partum Mothers and the Implementation of Early Breastfeeding Initiation (Imd) at the Jeumpa Health Center in Bireuen Regency in 2020* (Hubungan Pengetahuan Dan Sikap Ibu Post Partum Dengan Pelaksanaan Inisiasi Menyusu Dini (Imd) Di Puskesmas Jeumpa Kabupaten Bireuen Tahun 2020). *Journal of Healthcare Technology and Medicine*, 6(1), 364–372.
- Rahmilasari, G. (2021). *The Relationship between Pregnant Women's Participation in Mother Classes with Early Breastfeeding Initiation and Exclusive Breastfeeding* (Hubungan Keikutsertaan Ibu Hamil Pada Kelas Ibu Dengan Inisiasi Menyusu Dini Dan Pemberian Asi Eksklusif) *Jurnal Asuhan Ibu Dan Anak*, 6(2), 73–82. <https://doi.org/10.33867/jaia.v6i2.267>
- Rida Pertiwi. (2017). *Relationship between Pregnant Women's Class Participation and Family Social Support with Exclusive Breastfeeding Behavior in the Working Area of the Kedungmundu Health Center* (Hubungan Keikutsertaan Kelas Ibu Hamil dan Dukungan Sosial Keluarga dengan Perilaku Pemberian ASI Eksklusif di Wilayah Kerja Puskesmas Kedungmundu). *Jurnal Kesehatan Masyarakat*, 5(2356–3346), 830–838.
- Risnandya. (2015). *Correlation between the Frequency of Antenatal Care and Length of Time Working with Exclusive Breastfeeding (Study in the Work Area of the Kalitangjung Health Center, Cirebon City)* (Hubungan Frekuensi Antenatal Care dan Lama Waktu Bekerja dengan Pemberian ASI Eksklusif (Studi di Wilayah Kerja Puskesmas Kalitangjung Kota Cirebon). *Tunas Medika Jurnal Kedokteran Dan Kesehatan*, 2(4).
- Sari, M. P., & Ratnasari, F. (2021). Pengaruh Penyuluhan Ibu Hamil Terhadap Pemberian ASI Eksklusif. *Malahayati Nursing Journal*, 3(4), 656–660. <https://doi.org/10.33024/mnj.v3i4.5016>
- Su, L. L., Chong, Y. S., Chan, Y. H., Chan, Y. S., Fok, D., Tun, K. T., Ng, F. S. P., & Rauff, M. (2007). Antenatal education and postnatal support strategies for improving rates of exclusive breast feeding: Randomised controlled trial. *British Medical Journal*, 335(7620), 596–599. <https://doi.org/10.1136/bmj.39279.656343.55>
- Riyanti, E., Nurlaila, N., & Astutiningrum, D. (2019). *Effect of Post Partum Mother's Breastfeeding Education on Breastfeeding Self Efficacy* (Pengaruh Edukasi Breastfeeding Ibu Post Partum Terhadap Breastfeeding Self Efficacy). *Jurnal Ilmiah Kesehatan Keperawatan*, 14(3), 96. <https://doi.org/10.26753/jikk.v14i3.350>
- Yulianti N, Abdullah, Y. (2019). Case To Action Relation to Exclusive Breastfeeding in the Work Area of the Kassi - Kassi Health Center (Case To Action Kaitannya dengan Pemberian ASI Eksklusif di

- Wilayah Kerja Puskesmas Kassi - kassi) *Jurnal Kesehatan*, 2(1), 44–53. <http://jurnal.fkmumi.ac.id/index.php/woh/article/view/woh2106%0ACase>
- Zaman, F., Nicholas, A., & Francis, J. (2022). Effect of a Novel Breastfeeding Education Program on Exclusive Breastfeeding. *Current Developments in Nutrition*, 6(Supplement_1), 729–729. <https://doi.org/10.1093/cdn/nzac061.113>
- Krisna, M., P. (2021). *Factors Associated with Exclusive Breastfeeding in the Work Area of the Uptd Puskesmas Lubuk Batang, Ogan Komering Ulu Regency in 2021* (Faktor-Faktor Yang Berhubungan dengan Pemberian ASI Eksklusif Di Wilayah Kerja Uptd Puskesmaslubuk Batang Kabupaten Ogan Komering Ulu Tahun 2021). 5(2):85
- Laila, S. A. (2021). *Determinants of Exclusive Breastfeeding Behavior for Adolescent Mothers in the Working Area of Genuk Public Health Center, Semarang City.*” (Determinan Perilaku Pemberian ASI Eksklusif pada Ibu Usia Remaja di Wilayah Kerja Puskesmas Genuk Kota Semarang.)” 1412– 4920(2775– 5614):240– 50. doi: DOI: 10.14710/mkmi.20.4.240-250.
- Martha, I. (2016). *Relationship between Pregnant Women’s Class Participation and Mother’s Behavior in Postpartum Care* (Hubungan Keikutsertaan Kelas Ibu Hamil dengan Perilaku Ibu Dalam Perawatan Nifas) 4(April):147– 57.
- Mayasari, Senditya, I., dan Nicky, D. J. (2019). *mplementation of Family Centered Maternity Care (FCMC) Education on Complaints of Postpartum Mothers Through Home Care Care* (Penerapan Edukasi Family Centered Maternity Care (FCMC) terhadap Keluhan Ibu Postpartum Melalui Asuhan Home Care). 6(2):134– 40. doi: 10.26699/jnk.v6i2.art.p134-140.
- Meiranny, Wulandari, Rahmawati & Jannah. (2019). *Reducing Pregnancy Anxiety through Prenatal Classes.* (Penurunan Kecemasan Kehamilan melalui Kelas Prenatal) 5(1):33– 38.
- Metti. (2019). *The Influence of Breastfeeding Lactation Management on Lactation Problems of Breastfeeding Mothers in the Working Area of the Nanggalo Padang Health Center* (Pengaruh Manajemen Laktasi Paket Breast terhadap Masalah Laktasi Ibu Menyusui di Wilayah Kerja Puskesmas Nanggalo Padang). XIII(9):30– 36.
- Nasution. (2018). *Description of the Perceptions of the Education Class Participants of the North Sumatra Branch of the Indonesian Breastfeeding Mother Association (AIMI) on the Exclusive Breastfeeding Program in Medan* (Gambaran Persepsi Peserta Kelas Edukasi Asosiasi Ibu Menyusui Indonesia (AIMI) Cabang Sumatera Utara pada Program ASI Eksklusif di Medan) 44– 48.
- Ni Ketut Citrawati. (2021). *Relationship of Knowledge of Pregnant Women about ANC to ANC Visits at the Tampaksiring II Health Center* (Hubungan Pengetahuan Ibu Hamil tentang ANC terhadap Kunjungan ANC di Puskesmas Tampaksiring II) 8:19– 26.
- Noatmomodjo. (2014). *Research Methods* (Metode Penelitian). 53(9):1689– 99. doi: 10.1017/CBO9781107415324.004.