

The Correlation Between Mother's Occupation and the Success of Exclusive Breastfeeding on the Karangasem Public Health Care Center, Pemalang Regency

Keke Risfatu Awalia¹, Atika Nur Azizah²

^{1,2}Department of Midwifery, Universitas Muhammadiyah Purwokerto, Indonesia

ARTICLE INFO

Article history:

DOI:

[10.30595/pshms.v2i.253](https://doi.org/10.30595/pshms.v2i.253)

Submitted:

December 6, 2021

Accepted:

January 21, 2022

Published:

January 26, 2022

Keywords:

Mother's occupation or
mother's job; Exclusive
Breastfeeding

ABSTRACT

Exclusive breastfeeding means babies receive only breast milk. No other liquids like formula milk, water, orange juice, or other additional foods are given before the babies reach the age of 6 months. Exclusive breastfeeding can be influenced by several factors, including predisposing factors (education, knowledge, and traditional or cultural values), supporting/enabling factors (family income, time availability, and mothers health), and reinforcement factors (support from family and health workers). This research aimed to analyze the correlation between a mother's occupation and the success of exclusive breastfeeding in the Karangasem Public Health Care Center, Pemalang Regency. This was quantitative research with a cross-sectional approach. 96 mothers who had babies aged 7-12 months were selected as the research participants using the purposive sampling technique. The research data were analyzed using Univariate and Bivariate analysis. The result of the chi-square test between the variable of mother's occupation and the success of exclusive breastfeeding shows the p-value of 0.012 (0.05). 31 participants were working mothers who provide exclusive breastfeeding. While 8 participants did not work and provided exclusive breastfeeding. There is a relationship between the mother's work and the success of exclusive breastfeeding in the work area of the Karangasem Health Center, Pemalang Regency.

This work is licensed under a [Creative Commons Attribution 4.0 International License](https://creativecommons.org/licenses/by/4.0/).



Corresponding Author:

1. INTRODUCTION

Exclusive breastfeeding or more precisely Exclusive breastfeeding (breast milk) is that babies are only given breast milk, from the age of 30 minutes post-natal (after birth) until the age of 6 months, without the addition of other fluids such as: formula milk, fruit juice, water, tea water, and without the addition of solid foods such as fruits, biscuits, milk porridge, rice porridge and team rice. [1]

Working mothers are mothers who carry out an activity with the aim of earning a living. Government Regulation No. 33 of 2012 instructs local governments and the private sector to work together to support exclusive breastfeeding. (Ministry of Health, 2013). In the 2019 health profile nationally, the coverage of infants receiving exclusive breastfeeding is 67.74%, this figure already includes the Indonesian health strategic plan target in 2019 which is 50%. [2]

Exclusive breastfeeding coverage in Central Java the highest was in Purworejo City as much as 87.5% while the lowest was in Pemalang Regency, which was 36.4%. Problems related to achieving exclusive breastfeeding are in the marketing of formula milk which is still intensive and many companies that employ women are not given the opportunity for mothers who have babies 0-6 months to implement exclusive breastfeeding. Meanwhile, the highest exclusive breastfeeding coverage was at the Rowosari health center at 79.86% and the lowest coverage at Karangasem health center at 9.90%. [3]

Based on the above background, the researchers are interested in conducting research on "The Relationship between Mother's Work and the Success of Exclusive Breastfeeding for Babies in the Work Area of Karangasem Health Center, Pemalang Regency".

2. RESEARCH METHOD

The research method used is quantitative research with a cross-sectional approach, the population used is mothers who have children aged 7-12 months in the working area of Karangasem Health Center, Pemalang Regency, the number of samples used is 96 people with the sampling technique using purposive sampling technique. Data analysis using Chi-Square test.

3. RESULT AND DISCUSSIONS

The research was conducted in the working area of the Karangasem Public Health Center, Pemalang Regency, involving 96 respondents consisting of 18 respondents aged <20 and >35 years of which 18 respondents were all aged >35 years, the remaining 78 respondents aged 20-35 years, in the study more respondents who aged 20-35 years which is a healthy reproductive age, this is in line with research conducted by Sholihah [4] that there are more respondents with healthy reproductive age compared to unhealthy reproductive age, when combined with exclusive breastfeeding, more healthy reproductive age than those with healthy reproductive age. at an unhealthy reproductive age.

The research was conducted in the working area of the Karangasem Health Center, Pemalang Regency, there were 57 respondents working with a percentage of 59.4% and respondents who did not work 39 respondents with a percentage of 40.6%. In this study, almost half of the respondents there were more respondents who worked than those who did not work, at the time of the interview most of the respondents worked as sewing workers or weaving motif makers, where these skills were obtained directly hereditary or self-taught. In line with Rolita and Dhesi's research [5] with 64 respondents, there are more respondents working than respondents who are not working as many as 35 respondents working with a presentation of 54.7% and respondents not working as many as 29 respondents with a percentage of 45.3%.

The distribution of the education frequency of respondents in the working area of the Karangasem Health Center, Pemalang Regency, the highest education position is at the junior high school level (Junior High School) as many as 42 respondents with a percentage of 43.85% of 69 respondents, while in the 3rd position the education level is elementary school (elementary school).) as many as 18 respondents with a percentage of 18.8%, then the second highest education position is at the high school level (High School) 28 respondents with a percentage of 29.2% and the last is Bachelor's education, namely there are 8 respondents with a presentation of 8.3%, can mean that the education of respondents in the work area of the Karangasem Health Center, Pemalang Regency is very low.

Novi and Akma [6] that education is one of the factors that affect a mother's ability to give exclusive breastfeeding. Mothers who have a medical or paramedical educational background will be very different from mothers with non-medical or paramedical educational backgrounds.

The results of exclusive breastfeeding in the work area of the Karangasem Health Center in Pemalang district were 59.4% for not exclusive breastfeeding, namely there were 57 respondents, while the provision of exclusive breastfeeding in the Karangasem health center working area was low at 40.6%, namely 39 respondents who gave exclusive breastfeeding. This is in line with Riza's research [7] that the percentage of mothers who exclusively breastfeed their babies is very low. Almost all mothers (91%) gave additional food other than breast milk to infants aged 0-6 months, and only 5 mothers gave exclusive breastfeeding (9%).

This is because there is no support from the family or motivation from the respondents to breastfeed until the age of 6 months without any additional food, the mothers choose to give food before the age of 6 months because the child is fussy and keeps crying.

Based on the results of the study, there was a relationship between mother's work and the success of exclusive breastfeeding in the work area of the Karangasem Health Center, Pemalang Regency. Based on the chi square test, a p value of 0.012 (<0.05) was obtained, which means that there is a relationship between the mother's occupation and the success of exclusive breastfeeding in the work area of the Karangasem Health Center, Pemalang Regency.

From the results of the study, it was found that most of the working and non-working mothers did not provide exclusive breastfeeding to their babies. This is inseparable from the motivation and encouragement from the family to provide exclusive breastfeeding and also workplace support is needed such as longer maternity leave. And make good use of the health programs provided by the Puskesmas.

4. CONCLUSION

Job status of respondents mostly working as much as 64.6%. As many as 59.4% of respondents did not give exclusive breastfeeding and as many as 40.6% of respondents gave exclusive breastfeeding. There is a relationship between the mother's work and the success of exclusive breastfeeding in the work area of the Karangasem Health Center, Pemalang Regency with a p value of 0.0012 it is said that there is a relationship because the p value is less than 0.05.

Acknowledgements

Thank you to Allah SWT, both parents and all comrades in arms who have helped from beginning to end.

REFERENCES

- [1] Walyani, Elisabeth Siwi, "Postpartum and Breastfeeding Midwifery Care," Yogyakarta; New Library Press
- [2] Poerwadarminta, W.J.S., "General Indonesian Dictionary," Jakarta; Library, 2017.
- [3] Donsu, Jenita Doli Tine, Mid-year Health Profile of Pemalang District Health Office, "Methodology of nursing research," Yogyakarta: PT New Library & Central Java Provincial Health Office, 2019.
- [4] Sholihah, Nasyiatush, "The relationship between workplace support and exclusive breastfeeding for working mothers in the working area of the Sewon II Public Health Center, Bantul Regency," Publication Thesis, Health Polytechnic Ministry of Health Yogyakarta, 2017.
- [5] Rolita Efriani & Dhesi Ari A., "Relationship between age and occupation of breastfeeding mothers with exclusive breastfeeding," *Journal of Midwifery*, Vol.9 no.2, 2020.
- [6] Novi, Eniastina J & Akma Listiana, "Employment and education relationsto the success of Exclusive Breastfeeding," *Journal of Midwifery Science*, Vol.2 No.2, 2020.
- [7] Ramli, Riza, "The relationship between knowledge and work status of mothers with exclusive breastfeeding in the Sidotopo village," *The Indonesian journal of promotion health education*. Vol.8 No.1, 2020.