

TINGKAT KEBERHASILAN ASI EKSKLUSIF PADA IBU BEKERJA DI KABUPATEN KLATEN

The Rate of Exclusive Breastfeeding Success on Working Mothers in Klaten Regency

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Abstrak

Pekerjaan sering menjadi alasan ibu untuk tidak sempat memberikan ASI secara eksklusif selama 6 bulan kepada bayinya. Alasan ini dilatar belakangi oleh kurangnya waktu yang cukup untuk menyusui atau memerah ASI. Hal tersebut juga dialami oleh ibu menyusui di wilayah Klaten yang telah memiliki perda tentang ASI eksklusif. Penelitian ini bertujuan untuk mengetahui besar persentase ASI eksklusif pada ibu bekerja di kabupaten Klaten. Penelitian ini menggunakan metode deskriptif kategorik yang melibatkan 117 responden. Data primer diambil dari klinik bidan Ni'ma dan Warsiti, posyandu Belang Wetan, dan beberapa TK di Klaten, yang masuk dalam kriteria inklusi. Sebanyak 63 ibu (54%) yang bekerja berhasil memberikan ASI Eksklusif kepada anaknya, sedangkan yang tidak berhasil sebanyak 54 ibu (46%). Tingkat keberhasilan ASI Eksklusif pada kelompok usia 17-25 tahun sebanyak 14 subyek (11,97%), pada usia 26-35 tahun sebanyak 44 (37,61%) dan pada usia 36-45 sebanyak 5 (4,27%). Latar belakang pendidikan ibu bekerja yang berhasil adalah D4/ S1 sebanyak 21 subyek (17,95%). Golongan pekerjaan yang berhasil dalam memberikan ASI Eksklusif adalah Guru (54,5%), Wiraswasta (75%), PNS (80%), Karyawan BUMN (66,7%), serta Tenaga Kesehatan (90,9%). Persentase keberhasilan ASI Eksklusif pada ibu yang bekerja selama \leq 8 jam sebesar 57,1%, sedangkan ibu yang bekerja $>$ 8 jam sebesar 36,8%. Semakin tinggi tingkat pendidikan ibu, maka semakin tinggi tingkat keberhasilan ASI eksklusif. Semakin lama ibu bekerja, semakin rendah tingkat keberhasilan ASI Eksklusif.

Kata Kunci:

Asi eksklusif
Ibu bekerja
Lama kerja

Keywords:

Exclusive breast feeding
Working mother
Working time

Abstract

Work is often the reason for mothers not to have the opportunity to give exclusively breastfeeding for 6 months to their babies. This reason is motivated by the lack of sufficient time to breastfeed or express milk. This is also experienced by breastfeeding mothers in the Klaten region who already have regulations on exclusive breastfeeding. This study aims to determine the large percentage of exclusive breastfeeding for working mothers in Klaten district. This study uses a categorical descriptive method involving 117 respondents. Primary data were collected from the midwife clinics of Ni'ma and Warsiti, the Belang Wetan posyandu, and several TKs in Klaten, which were included in the inclusion criteria. A total of 63 mothers (54%) who worked successfully gave exclusive breastfeeding to their children, while unsuccessful were 54 mothers (46%). The success rate of exclusive breastfeeding in the age group of 17-25 years was 14 subjects (11.97%), at the age of 26-35 years was 44 (37.61%) and at the age of 36-45 was 5 (4.27%). Educational background of successful working mothers is D4 / S1 of 21 subjects (17.95%). The occupational groups that succeeded in providing exclusive breastfeeding were Teachers (54.5%), Entrepreneurs (75%), Civil Servants (80%), BUMN Employees (66.7%), and Health Workers (90.9%). The percentage of success of exclusive breastfeeding for mothers who worked for \leq 8 hours amounted to 57.1%, while mothers who worked $>$ 8 hours amounted to 36.8%. The higher the level of mother's education, the higher the success rate of exclusive breastfeeding. The longer the mother works, the lower the success rate of exclusive breastfeeding.



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INTRODUCTION

Work is the frequent reason for mother not to give breast milk exclusively for 6 months to her baby. The reason is caused by lack time for breastfeeding or

milking.¹ The woman who be worker and wife, often make them choose between career and family. In addition, a mother's decision to become pregnant is a big challenge as she has to choose between stop to

work temporary or want to pregnant, bear a baby, and care the baby. This is a challenge for mothers, because the child will depends to mother and mother who want to back to work after maternity leave for a long time makes the process of working in a professional environment more difficult.² Based on the Central Bureau of Statistics survey in 2013, the number of female labor force continues to increase each year. By 2015, the number of workers is 114 million people (94%), then 43.3 million (38%) compared to the number of existing workers as many as 25 million are at the level of reproduction.¹

The importance of exclusive breastfeeding (breast milk) for 6 months without any intervention by the mother to her baby has a positive impact on maternal and infant health. In a meta-analysis a study showed that breast milk is useful for improving children's intelligence, protection against infectious diseases and malocclusion in teeth, reduce the risk of overweight, and diabetes later in life. Benefits for breastfeeding mothers can extend birth spacing, prevent breast cancer, and reduce the risk of ovarian cancer and type 2 diabetes. Apart from its content that has many benefits, Exclusive breastfeeding given for two years can prevent 823,000 deaths of children (under the age of 5 years) and 20,000 female deaths from breast cancer each year³, as well as reduce the risk of infant mortality due to infection within the first two years of life⁴.

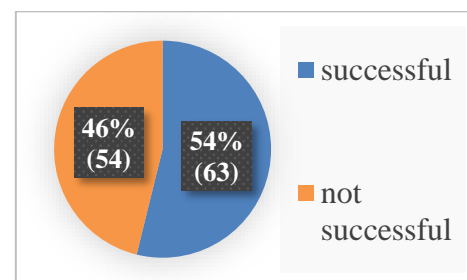
METHOD

This study used descriptive categorical method implemented in 2018. Primary data was taken using questionnaires from clinics midwife Ni'ma and Warsiti, posyandu Belang Wetan, some kindergartens in Klaten, and researchers went directly to the mother's house included in the criteria of inclusion. The sample was chosen by simple random sampling. Respondents in this study amounted to 117 people. The samples subject to the study should meet the inclusion criteria of

breastfeeding mothers who worked at least 6 hours a day and have children aged 6-24 months. While the exclusion criteria was the mother didn't live in Klaten regency or mother was suffering from illness so it is not allowed to breastfeed.

RESULT AND DISCUSSION

Subjects in this study amounted to 117 mothers. Based on the age group, the age of 17-25 year olds were 27 people, 26-35 years were 76 people, and the age of 36-45 years was 14 people. Based on the last education, elementary education (SD) was 1 person, junior high school (SMP) were people, senior high school (SMA/SMK) were 46 people, Diploma 2 (D2) were 2 people, Diploma 3 (D3) were 25 people, Diploma 4 (D4)/ Bachelor (S1) were 34, Magister (S2) were 2. If based on the job, 61 mothers work as private employees, 11 teachers, 12 entrepreneurs, 14 workers, 5 civil servants, 3 state employees, and 11 health workers. When based on the old category of working mothers, as many as 98 working mothers for ≤ 8 hours and 19 working mothers for > 8 hours.



Picture 1. Percentage of Exclusive Breastfeeding Success to Working Mothers in Klaten Regency

Working mother who succeeded in giving exclusive breast milk to her child as much as 63 mothers (54%), while that did not succeed as many as 54 mothers (46%).

Table 1. The Rate of Exclusive Breastfeeding Success Based on Mothers Age Group

Age	n=117	successful	not successful

		N	%	N	%
17-25	27	14	51.9	13	48.1
26-35	76	44	57.9	32	42.1
36-45	14	5	35.7	9	64.3

Based on the age category, mothers who succeeded in giving exclusive breastfeeding to their children are mostly in the ages group of 26-35 years as many as 44 subjects (57.9%), followed by age group 17-25 years are 14 subjects (51.9%), and ages group 36-45 years are 5 subjects (35.7%). While mothers who did not succeed to exclusive breastfeeding, the ages group 17-25 years as many as 13 people, ages 26-35 years as many as 32 people, and ages 36-45 years as many as 9 people.

Table 2. The Rate of Exclusive Breastfeeding Success Based on The Last Education of Mothers

Group	n=117	The Rate of Exclusive Breastfeeding Success			
		successful		not successful	
		(N)	(%)	(N)	(%)
SD	1	0	0.0%	1	100.0%
SMP	7	2	28.6%	5	71.4%
SMA/SMK	46	21	45.7%	25	54.3%
D 2	2	1	50.0%	1	50.0%
D 3	25	16	64.0%	9	36.0%
D4/ S1	34	21	61.8%	13	38.2%
S2	2	2	100.0%	0	0.0%

Based on the last education group, mothers who succeeded in giving exclusive breastfeeding to their children were 2 people SMP (28,6%), 21 people SMA/SMK (45,7%), 1 person D2 (50%), 16 people D3 (64%), D4 / S1 as many as 21 people (61.8%), and S2 as many as 2 people (100%).

Table 3. The Rate of Exclusive Breastfeeding Success Based on The Mothers Job

Group	n=117	The Rate of Exclusive Breastfeeding Success			
		Successful		Not successful	
		(N)	(%)	(N)	(%)
Private employee	61	29	47.5%	32	52.5%
Teacher	11	6	54.5%	5	45.5%
Entrepreneur	12	9	75.0%	3	25.0%
Worker	14	3	21.4%	11	78.6%
Civil Servant	5	4	80.0%	1	20.0%
State employee	3	2	66.7%	1	33.3%
Health worker	11	10	90.9%	1	9.1%

From the table above, there are 7 groups of successful work in giving Exclusive Breast milk is 54.5% as many as 11 people, 75% entrepreneurs as many as 9 people, 80% of civil servants as many as 4 people, 66.7% State Employees as many as 2 people, Health workers 90.9% as many as 10 people.

Table 4. The Rate of Exclusive Breastfeeding Success Based on the Duration of Working Mothers

Group	n=117	The Rate of Exclusive Breastfeeding Success			
		Successful		Not successful	
		(N)	(%)	(N)	(%)
≤ 8 jam	98	56	57.1%	42	42.9%
> 8 jam	19	7	36.8%	12	63.2%

Exclusive breastfeeding success percentage of working mothers during ≤ 8 hours per day as many as 56 people (57.1%) and as many as 42 people (42.9%) in the same group did not succeed. While the percentage of exclusive breastfeeding of mothers who worked for > 8 hours per day there were 7 people (36.8%) and the remain 12 people (63.2%) did not succeed.

In this study we found 117 respondents working mothers with children aged 6-24 months in Klaten regency. Of the 63 (54%) working mothers managed to exclusively breastfeed their children for 6 months without any other food or beverage interventions including water, while as many as 54 (46%) of mothers failed. The results of this study indicate that the exclusive breastfeeding success rate for working mothers in Klaten regency is lower than that of Asfaw et al. (2015) in Ethiopia.

In the study, the number of female and 509 peoples, 344 (67.5%) exclusively breastfeeding mothers. The results also explain that there is a significant relationship between working mothers with exclusive breastfeeding. The reason for mothers who did not exclusively breastfeed the study was that mothers had less opportunity to practice exclusive breastfeeding as well as less time to spend with their babies because the period of leave was too short compared to breastfeeding⁵. While in this study because the mother needs to go back to work, milk production a little or not smooth, and assume that breast milk alone is not enough given.

In this study, most subjects included in the young adult age group is 26-35 years as many as 76 people and of that number as many as 44 mothers (57.9%) succeeded in giving exclusive breastfeeding. While the minority of the age group of older adults is 36-45 years as many as 14 people and the success rate is also the lowest is 35.7% as many as 5 people. Thus, in this study young adulthood has a higher degree of exclusive breastfeeding success than other age groups.

This result differs from the research in Al-Hassa Saudi Arabia, which states that older motherhood and multiparity are positively correlated with exclusive breastfeeding for 6 months.⁶ This is because the older age and the more breastfeeding experience will affect the exclusive breastfeeding. In this study age group of adult age (36-45 years old) as many as 9 mothers

(64,3%) unable to breastfeed Exclusive breastfeeding with job background 5 mothers of private employee, 1 laborer, 1 entrepreneur and 2 teachers, so the majority are employees private. In questionnaire questions about the availability of refrigerator facilities and special room of breastfeeding at work in this age group each 5 people answered no (55.56%), so the majority of lactation facilities in the mother's workplace were less supportive. In addition, 1 in 9 mothers have a working period of 12 hours, so these factors can cause the motMother's work is the mother's activity outside the home to earn income in addition to raising and taking care of the child at home. In this research, there are 5 major job group which succeed in giving Exclusive Breast milk is Teacher, Entrepreneur, Civil Servant, State Owned Employee, and Health Personnel with each percentage is 54,5%; 75%; 80%; 66.7%; 90.9%. Of the 63 (54%) working mothers, the majority gave Exclusive Breast Milk to their babies. This can be influenced by various supporting factors. Based on the question, are there any special room facilities for breastfeeding in the mother's workplace, as many as 69 mothers (58.97%) answered yes, which means most in their office / workplace have special room for breastfeeding. Then on the question of whether there are refrigeration facilities in the workplace, as many as 80 mothers (68.38%) said yes, which means that in their workplace the majority of facilities provide refrigerators. Thus, the majority of mothers working in Klaten receive direct support from the regency government to successfully provide Exclusive Breast Milk, as is the policy in Circular Letter No. 011/0093/12 of 2014 on the Provision of Lactation Spaces and Regional Regulations no. 7 out of 2008 on Outline of early breastfeeding initiation and exclusive breast milk, providing maternal and neonatal protection, neutralizing maternal rights, providing supportive environments around mothers (such as families, communities and institutions) and prioritizing the

availability of Lactation Spaces in government institutions, offices / private and public service places.⁷ In this study, the majority of maternal education who successfully breastfeed exclusive breastfeeding is from higher education D3, D4 / S1, and S2, while secondary education is not working. The highest percentage of exclusive breastfeeding in the highest working mother was the mothers who received D4 / S1 education as many as 21 subjects (61.8%). The formation of a person's cognitive and non-cognitive skills is characterized by learning and skills. From this it can be concluded that to evaluate the individual quality of skill formation, it is necessary to consider the quality of human capital following the training process. And in this aspect it is found at higher levels of education.⁸ Thus, the quality of one's life to gain broader information such as health knowledge can be seen from individual education.

In this study revealed that as many as 108 mothers (92.31%) of a total of 117 mothers knew that exclusive breastfeeding is the right feeding for babies up to 6 months of age was breast milk alone. Of the 108 mothers who knew Exclusive Breastfeeders, 61 mothers succeeded in breastfeeding their babies exclusively. So even with the mother's awareness of breast milk comparisons with formula, almost all mothers (94.02%) are aware that breast milk is better than formula milk. Although knowledge and awareness about Exclusive Breast Milk is very high, but practice is still low.

Maternal knowledge has no significant relationship with exclusive breastfeeding practices.⁹ However, the results differ from the study of the Edward Francis Small Teaching (EFSTH) Hospital Polyclinic in Banjul, Gambia which explains that adequate maternal knowledge of Exclusive Breast Milk is significantly related to intent^{10,11} or practice for exclusive breastfeeding.¹⁰ This can be due to factors of knowledge, experience, awareness, and attitudes / behavior of mothers to exclusive breastfeeding in each region may vary.

In this research, the results of the success of mother give Exclusive breastfeeding to mother who work for \leq 8 hour equal to 57,16%, while mother work for $>$ 8 hours equal to 36,8%. Thus, the longer the mother works, the lower the success rate of exclusive breastfeeding. This is because the length of working mother can cause fatigue and stress so that it can affect the condition both physical and psychological mother. In a study conducted in Saudi Arabia, most mothers (72%) stated that job stress affected breastmilk¹² expenditure. In addition, resting mothers may also affect the formation and release of breastmilk by the hormone oxytocin.¹³ So in this case it is necessary for the mother to be smart to manage time about work and to share time with children and family.

CONCLUSION

Exclusive breastfeeding success rate at mother work in Klaten regency counted 63 mothers (54%) from 117 respondents. Most working mothers are aware of the importance of Exclusive Breast Milk, but the practice is still low.

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