

Relationship between Early Initiation of Breastfeeding with Exclusive Breastfeeding in Yogyakarta

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The number of exclusive breastfeeding in Yogyakarta reached 46,37% in 2012. One step in the success of exclusive breastfeeding is to initiate early breastfeeding. The purpose of this study was to identify the relationship between early initiation of breastfeeding and exclusive breastfeeding. The design of this study was longitudinal study with qualitative design. The number of samples in this study was 45 respondents. The data were collected by using standardized questionnaires. The result of this study was in the group that did not put a baby on her body after birth, there were 88,9% failure exclusive breastfeeding for six months. In the group that put her baby for ≤ 30 minutes, there were 76% failure exclusive breastfeeding for six months. In the group that put her baby for > 30 minutes, there were 63,6% failure exclusive breastfeeding for six months. The conclusion is the longer baby was placed in the mother's body, the less failure of exclusive breastfeeding for six months.

Keywords: Early initiation of breastfeeding, exclusive breastfeeding, 0-6 months baby, longitudinal study.

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HUBUNGAN ANTARA INISIASI MENYUSU DINI DENGAN ASI EKSKLUSIF DI YOGYAKARTA

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Intisari

Di Yogyakarta, cakupan ASI eksklusif mencapai 46,37% pada tahun 2012. Salah satu langkah dalam keberhasilan pemberian ASI eksklusif adalah dengan memulainya menyusui dini. Tujuan dari penelitian ini adalah untuk mengidentifikasi hubungan antara inisiasi menyusui dini dengan ASI eksklusif. Metode penelitian ini adalah studi longitudinal dengan pendekatan kualitatif. Jumlah subjek dalam penelitian ini adalah 45 responden. Data dikumpulkan dengan menggunakan kuesioner yang sudah distandarisasi. Hasil penelitian ini adalah pada kelompok yang tidak menempelkan bayi di atas tubuhnya setelah melahirkan, terjadi kegagalan ASI eksklusif sebanyak 88,9% selama enam bulan. Pada kelompok yang menempelkan bayinya selama ≤ 30 menit, terjadi kegagalan ASI eksklusif sebanyak 76% selama enam bulan. Pada kelompok yang menempelkan bayinya selama > 30 menit, terjadi kegagalan ASI eksklusif 63,6% selama enam bulan. Kesimpulan dari penelitian ini adalah semakin lama bayi ditempelkan di atas tubuh ibu, semakin sedikit kegagalan ASI eksklusif selama enam bulan.

Kata Kunci. Inisiasi menyusui dini, ASI eksklusif, bayi usia 0-6 bulan, studi longitudinal.

Introduction

Breast milk is the first natural food for babies, providing all the energy and nutritional needs of infants for the first month of life, and continued until half or more of the nutritional needs of infants (WHO, 2009). Breastfeeding bring advantages for infants, mothers, families, communities, and countries. As the most perfect baby's food, breast milk is easily digested and absorbed as they contain digestive enzymes. Breast milk can also prevent the occurrence of infectious diseases because it contains immunoglobulins as an antidote to the disease (Prasetyono, 2009).

Granting breastfed at the beginning of birth until the first six months in Indonesia is still less. According to data from Indonesia Demographic and Health Survey (IDHS) 2007, only 48,3% babies earn breastfed at the age of 0-1 months, breastfeeding at the age of 2-3 months was 34,4%, breastfeeding at the age of 4-5 months was 17,8%, and mothers who give exclusive breast milk in infants until the age of six months only amounted to 5,5%. Based on Basic Health Research 2010, babies who get exclusive breast milk as much as 27,2%.

Breast milk is one of the program that is quite difficult to develop because it is associated with various social problems in the community. Until 2008, coverage of exclusive breastfeeding in the province of Yogyakarta reached 29,9%, decrease in 2009 is equal to 34,56%. Whereas in 2010, coverage of exclusive breastfeeding increased to 40,57% of targeted 80% and increased again in 2012 exclusive breastfeeding coverage reached 46,37% (Dinkes DIY, 2010 and Dinkes DIY, 2012). Based on data from Sleman District Health Office in 2010, coverage reached 63,6% exclusive breastfeeding. Although that number is above the national rate is 27,2%, but it should be an effort to increase it.

According to Gibney *et al* (2008), unfounded fear that the milk they produce is not enough and/or has a poor quality, incorrect breastfeeding techniques, and lack of support from health care to be the cause of the mother did not breastfeed exclusively. Moreover, according to Fikawati and Shafiq (2010), there are a variety of reasons that cause the mother did not breastfeed exclusively, namely culture prelaktal feeding, formula feeding because breast milk does not come out, stopped breastfeeding because the baby or mother is sick, the mother who must work, and

mothers who want to try the formula. The existence of an important enabling factor that led to the failure of exclusive breastfeeding because the mother was not facilitated by program early initiation of breastfeeding.

Early initiation of breastfeeding is defined as the process of letting the baby suckle themselves soon after birth and fed for an hour or more. Principally, early initiation of breastfeeding is a direct contact between the skin of the mother and baby skin, baby placed in the chest or in the mother's stomach as soon as possible after the whole body is dried (not washed), except on the palms of his hands and allowed to crawl to fond the nipple for breastfeeding immediately (Yuliarti 2010, Siswosuharjo and Fitria 2010). Both of palm of the hand allowed to remain exposed to the amniotic fluid because of the smell and taste of the amniotic fluid same with the odor breast, thus it leads the baby to find the nipple (Siswosuharjo and Fitria, 2010).

According Roesli (2008), early initiation of breastfeeding in the first hour after birth, will train the baby's instinct to find the mother's nipple independently. Golden opportunity that determines success in breastfeeding optimally contained in the first hour after the baby is born. From other studies conducted Chien *et al* (2007), it is known that infants who were given a chance to early initiation of breastfeeding have a greater chance receiving only breast milk compared with infants who were not given a chance to early initiation of breastfeeding. According to Fikawati and Shafiq (2003), there is a significant relationship between immediately breastfeeding with exclusive breastfeeding. This is shown in the results stating that the mothers give breast milk ≤ 30 minutes after birth have a 2-8 times greater possibilities of exclusive breastfeeding for four months compared with mothers who did not immediately breastfeed.

Based on the description, this study conducted with the aim to provide more information about the relationship between early initiation of breastfeeding with exclusive breastfeeding in Yogyakarta.

Conceptual Framework

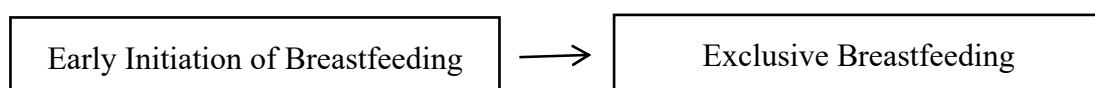


Figure 1. Conceptual Framework

Methods

The design of this study was longitudinal study with qualitative design. This research starts from looking for mother with gestational age 8-9 months who live in Yogyakarta and willing to follow a research revealed by completing the informed consent. The samples used in the study of 46 people who were determined by nonprobability sampling with type purposive sampling. All of respondents will be asked questions regarding the treatment of early initiation of breastfeeding and followed for six months to see exclusive breastfeeding. Data were collected using standardized questionnaires. This research was conducted in Puskesmas Tegalrejo, Puskesmas Jetis, and Puskesmas Mergangsan in July 2012 – April 2013.

Discussion

Table 1. Characteristics of Respondents Based on the Length of Time the Baby Put on the Mother's Body

Variable	Not put (n=9) n (%)	Put ≤ 30 minutes (n=25) n (%)	Put >30 minutes (n=12) n (%)
Age			
< 25 years	2 (22,2)	9 (36)	2 (16,7)
≥ 25 years	7 (77,8)	16 (64)	10 (83,3)
Respondent's Education			
Primary Education	2 (22,2)	6 (24)	4 (33,3)
Higher Education	7 (77,8)	19 (76)	8 (66,7)
Husband's Education			
Basic Education	2 (22,2)	5 (20)	4 (33,3)
Higher Education	7 (77,8)	20 (80)	8 (66,7)
Respondent's Job			
Work	3 (33,3)	6 (24)	2 (16,7)
Unemployment	6 (66,7)	19 (76)	10 (83,3)
Husband's Job			
Work	9 (100)	25 (100)	12 (100)
Income			
<Minimum Wage	2 (22,2)	3 (12)	5 (41,7)
=Minimum Wage	2 (22,2)	5 (20)	2 (16,7)
>Minimum Wage	3 (33,3)	7 (28)	1 (8,3)
Not Fixed	0 (0)	1 (4)	0 (0)
Not Filled	2 (22,2)	9 (36)	4 (33,3)

Based on Table 1, shows that there were nine mothers whose infants weren't put on the mother's body after birth, 25 mothers whose babies were placed ≤ 30

minutes, and 12 mothers whose babies were placed > 30 minutes. Of the three groups, which most are mothers aged ≥ 25 years as many as seven people (77,8%), 16 people (64%), and ten people (83,3%). Respondent's education and husband's education grouping were divided into two group there were basic education (completed primary school and junior high school) and higher education (completed senior high school and college). Group of mothers whose babies placed > 30 minutes has more higher education than basic education (66,7%). Husband's education from mothers whose babies placed > 30 minutes has more higher education than basic education (66,7%).

Most of respondents from each group were not working (housewife). All of the respondent's husband had jobs. In the group of mothers whose infants were not placed on her body after the baby was born and placed ≤ 30 minutes most have income > minimum wage as many as three people (33,3%) and seven people (28%). In the group of mothers whose babies were placed > 30 minutes most have income < minimum wage as many as five people (41,7%).

At the beginning of the study, the numbers of respondent were 46 mothers. But one mother from the group that put the baby on her body > 30 minutes, can not be followed because the baby died at the age of one month. So, the numbers of respondent of this study were 45 people.

Table 2. Overview of Exclusive Breastfeeding

Variable		Not Put n (%)	Put ≤ 30 minutes n (%)	Put > 30 minutes n (%)
Exclusive Breastfeeding	Yes (n=11)	1 (11,1)	6 (24)	4 (36,4)
	No (n=34)	8 (88,9)	19 (76)	7 (63,6)
	Total (n=45)	9 (100)	25 (100)	11 (100)

Table 2 is an overview of the success of exclusive breastfeeding within six months. Total mothers who successful breastfed was eleven people, six of them (54,5%) put her baby for ≤ 30 minutes in the mother's body after birth.

In the group of infants who did not put at all, there was one baby was exclusively breastfed. In the group of infants who put ≤ 30 minutes there was six

babies who were exclusively breastfed and those who put > 30 minutes was four infants who were exclusively breastfed.

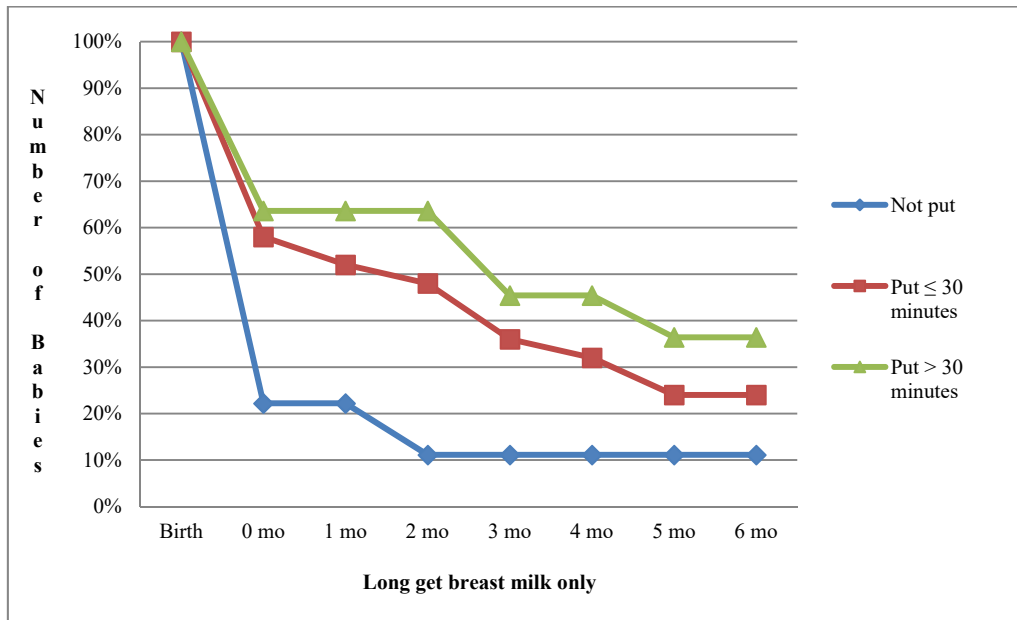


Figure 2. Graphic Follow Up of Breast Milk Only

Based on Figure 2, it can be seen that third group of most failure occurred in the exclusive breastfeeding is at the early birth. In the group that did not put, as much as 77,8% babies failed exclusive breastfeeding in early birth, 44,5% of them fail by reason of breast milk that came out just a little bit or breast milk has not come out. 11,1% the mother failed to provide exclusive breastfeeding since the third month so baby only get breast milk for two months with a reason to introduce food to her baby. Breast milk is still given but the baby was given prelactal foods there were biscuits, porridge of milk, and water. So that leaves 11,1% of infant were successfully exclusive breastfeeding for six months in the group who did not put the baby on the mother's body after birth. It means, in this group, there is a failure of exclusive breastfeeding as many as 88,9%.

The group of infants who put to ≤ 30 minutes there are 44% of infants failed exclusively breastfeed in early births, respectively 4% of babies in the second and third months, 12% in the fourth month, 4% in the fifth month, and 8% fail in the sixth month. So that leaves 24% of babies who managed to get an exclusive breast milk for six months. It means, that exclusive breast feeding failure occurred as much

as 76% in this group. Exclusive breastfeeding failure occurred as much as 12% in the fourth month, 8% were due to the introduction of food to baby and 4% more because the mother is sick so stop breastfeeding.

In the group of infants that put > 30 minutes there was 36,4% of infants failed exclusively breastfeed in early births, 18,2% failed in the fourth month, and 9% in the sixth month. As much as 36,4% of babies who get breast milk exclusively for six months, meaning occur 63,6% failure of exclusive breastfeeding for six months in this group.

Based on Figure 2, most of the babies had failed to get breast milk exclusively from the beginning of life. This means that the baby did not get exclusively breast milk at all or have already given food other than breast milk since the beginning of the birth. This occurs mostly because of breast milk has not come out, breast milk come out a bit, and breast milk do not come out. Most other smaller due to the granting of honey and dates which are the beliefs of each mother. This is similar to the research conducted by Defni (2001) that found as many as 70% of mother giving prelactal food to her baby at the beginning of birth by reason of breast milk which is not immediately come out after giving birth. So the mother scared her baby hunger or shortage of water in the first few days.

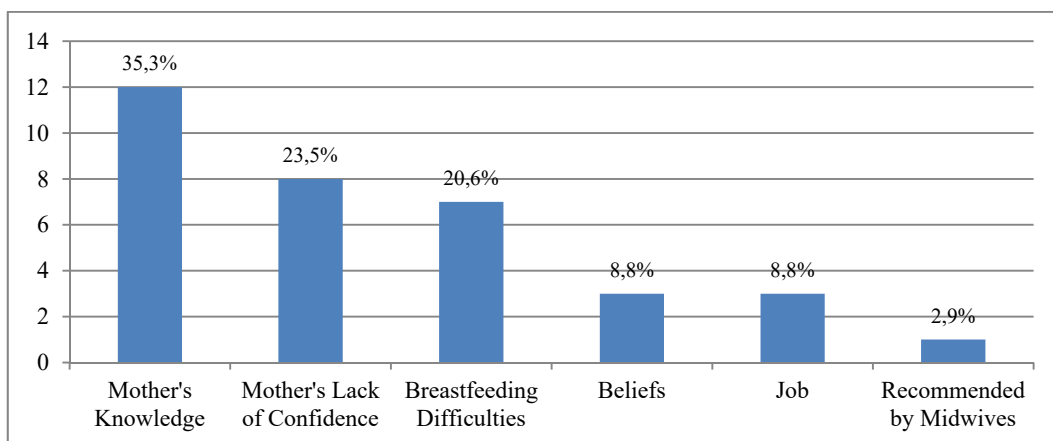


Figure 3. Causes of Mother Failed Give Exclusive Breastfeeding

Figure 3 shows the cause of the mother failed to provide exclusive breastfeeding. The first failure was caused due to lack of mother's knowledge that is as much as 35,3%. As much as 20,6% mother introduced food to her baby before the

age of six months. This is because the mother did not understand clearly the sense of the given breast milk exclusively.

The second failures due to lack of mother's confidence is much as 23,5%. The mother consider that breast milk that given to babies can not fullfill the needs of infants. When the baby cries, the mother has the perception that the baby was hungry, so the mother feeding a baby with prelactal food so the baby feel full. This also happened on research conducted by Simanjuntak (2002), that the main reason the granting of prelactal food/drinks because breast milk has not come out, the baby crying and the mother's perception that provision only breast milk is not sufficient to the needs of the baby. In the first days of the birth, the healthy baby is not actually require liquid or food, so it does not need any drinks/food. Newborn baby crying is not always because of thirst but it can be due to various factors such as inconvenience, a wet and dirty diapers, bloating, pain and colic (Fikawati and Syafiq, 2003).

The third failure due to mother's difficulties experienced by breastfeeding is as much as 20,6%. Difficulty that occurs is breast milk has not come out at the beginning of the birth, breast milk does not come out at all, and the mother was bleeding so mother have to care while the baby is given formula. The fourth failure due to the mother's belief that come from the elderly and the environment that is as much as 5,5%. A total of 5,9% of mothers giving coffee to babies with a reason to if the baby had fever, the *step* does not occur and 2,9% mother giving dates at the beginning of birth because of the trust that comes from her parents.

The fifth failure due to a work is as much as 5,5%. The mother should leave the babies but mothers have yet to recognize that breast milk storage that there is no supply of breast milk that can be given to the baby at any time as long as the mother was outside the house. The last failure was due to the advice of midwives, which is as much as 2,9%. Midwives recommend that infants given prelactal food to aid the healing of a child because the child is sick.

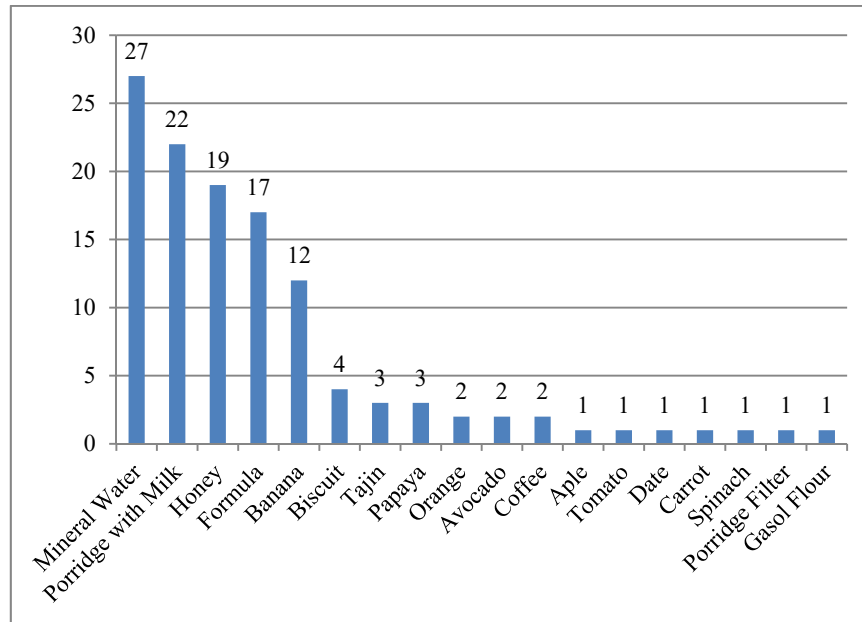


Figure 4. The Proportion of Infants Whose Get Prelactal Food According to The Food That Had Been Given to The Babies

A total of 34 infants were fail of exclusively breastfed, in other words there are many different types of prelactal food given to the baby before the age of six months. Most of infants given prelactal food more than one type. Type of food/beverages which most cancels exclusive breastfeeding is the water that is as much as 27 infants (22,5%). This water is usually given when finished drinking breast milk or after drinking formula taking to clean up the rest of the milk that left in the baby's tongue. The provision of water is also done on children rho had started to consume milk porridge and fruit. After water, 22 babies (18,33%) get a milk porridge as a prelactal food. The granting of this milk porridge is usually used as an introduction food to the baby or the mother feels her baby was big enough to consume foods in addition to breast milk. Honey is also an other prelactal food that given to infants. As much as 19 babies (15,83%) get honey. Honey is usually given on mother's belief that by administering honey, babies could be spared from disease or increase baby's imune. In addition, honey also smeared on baby's lips so it does not dry.

Water is also provided to starch three babies. The reason given for this is because starch water mother water considers tajin just like breast milk and has a lot of vitamins. Other types of fruit and vegetables given to babies is papaya, oranges, avocados, apples, tomatoes, dates, carrots and spinach.

Other prelactal food that given was infant formula (14,17%, n=17). This formula usually given if breast milk does not come out at the beginning of birth, breast milk come out a bit, and breast milk had not come aout again before the baby is six months. Twelve baby (10%) get the banana as prelactal food. Bananas usually given before the baby is getting milk porridge. In some babies, bananas are given every day as a distraction than a milk porridge. There are four infants who get the biscuits. Biscuits given as food baby daily distraction. Tajin water is still given to three babies. The reason given for this is because mother considers tajin same as breast milk and has a lot of vitamins. The types of fruit and vegetables that given to babies is papaya, oranges, avocados, apples, tomatoes, dates, carrots, and spinach.

Conclusion

The longer baby was put in the mother's body after being born, the less the percentage decrease in the failure of the exclusive breastfeeding from birth and the less the percentage decrease in the failure of exclusive breastfeeding for six months.

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