

Original Research Article

Analysis of Knowledge, **Actions(Practices)**, and Culture on the Low Coverage of Exclusive Breastfeeding

ABSTRACT

Aims, The aim of this study was to analyze the influence of culture, knowledge and action (arrange as the title) on the low coverage of exclusive breastfeeding

Study design: Cross-Sectional Survey approach

Place and Duration of Study: conducted in December 2022 (from – to --) in Meutulang District, West Aceh, Aceh, Indonesia

Method The population of all mothers who have babies aged 6-12 months. Sampling by the total sampling method, where all polluters were sampled as many as 44 respondents were. Furthermore, the data were analyzed using univariate and bivariate and then tested with a Simple Linear Regression Model.

Results proved that there is an influence of knowledge, action, and culture on the low coverage of exclusive breastfeeding as evidenced by the correlation value (R) of 0.601 and the value of the coefficient of determination (R^2) of 0.464, which means that the influence of the independent variable on the dependent variable is 46.4% where the correlation between the independent and dependent variables is in a strong category with value (Pvalue <0.05).

Conclusion There needs to be more intense socialization and enlightenment by relevant officers in terms of mothers' understanding of exclusive breastfeeding so that mothers consider exclusive breastfeeding more important and can analyze the culture around them to give breast milk to their babies at least until the age of 6 months.

Keywords: Exclusive Breastfeeding, knowledge, Action, Culture

1. INTRODUCTION

Exclusive maternal milk is a specially created fluid that comes out directly from a mother's breast to a baby. Breast milk is also the perfect, practically cheap, and clean baby food that can be drunk directly from the mother's breast (Lestari, A., et al, 2022). The content of breast milk consists of nutrients and fluids needed by infants for their nutritional needs for the first six months and can be continued until the age of 2 years (Al-Ghannami, S., et al, 2022). Exclusive breastfeeding is breastfeeding as early as possible after delivery, given without schedule, and not given other food even if only water until the baby is six months old (Shohaimi, N. M., et al, 2022). There are 3 types of breast milk, namely colostrum that comes out from the first day to days 3-5, transitional breast milk on days 3-5 to days 8-11, and mature breast milk from days 8-11 onwards. One of the effects of exclusive breastfeeding on infants is increasing the quality of emotional relationships and making infant immunity more optimal (Mekebo, G. G., et al, 2022). The effect of exclusive breastfeeding on babies after birth, especially to avoid diseases, both infectious and non-infectious, and affect the baby's growth and development (Marniati, et al 2022).

According to (World Health Organization) exclusive breastfeeding at the world level still has not reached the target of up to 50%. In Indonesia, exclusive breastfeeding is still at 66.06%, this figure is not by the target set by the Indonesian Ministry of Health, which is 80% so the achievement of exclusive breastfeeding coverage at the national level itself is still low and has not met the target set. The achievement of exclusive breastfeeding coverage that is far from the target is a sign that exclusive breastfeeding by mothers to their babies is still very low and needs to be increased (Ministry of Health of the Republic of Indonesia, 2021).

Data from the Research and Development Agency of the Indonesian Ministry of Health Exclusive Breastfeeding in Aceh Province is 41.0%, The data shows that the coverage of breastfeeding in Aceh

Province is still very low and has not reached the target set by the Indonesian Ministry of Health, which is 80%. (Aceh Health Profile, 2021). West Aceh's exclusive breastfeeding coverage recorded 44% exclusive breastfeeding coverage is still far from the target (West Aceh District Health Profile, 2021). The Meutulang region for two consecutive years still has the same achievement rate of 13.4% (Meutulang Health Center Data, 2021).

Research (Risma, Z., et al, 2022) said that maternal knowledge about breastfeeding is very influential on the level of exclusive breastfeeding coverage expected by the government. Apart from knowledge (Haghighi, et al, 2016), attitudes also have a relationship with exclusive breastfeeding for infants. Hereditary cultures from ancestors (Marniati, 2017) can influence mothers to breastfeed their babies, cultural beliefs and practices contribute to what is considered normal feeding practices, mothers view formula feeding as a normal way to feed babies.

From the results of a direct survey of the field that researchers did, where mothers do not know about the effects of exclusive breastfeeding, so mothers are not serious about giving milk to their babies. On the other hand, mothers also say the culture around them gives all the food to the baby so that the baby is healthy. Based on the background and results of the survey, it is necessary to research "Analysis of maternal behavior and culture on the low coverage of exclusive breastfeeding in Meutulang District, West Aceh Regency". (Introduction should cover all parts of title)

1.2. Significant of the problem (should be written)

2. The aim of the study

3. Hypothesis

2. METHOD

This type of research is an analytical survey with a Cross-Sectional Survey approach, which aims to analyze the influence of behavior and culture on (arrange as the title) the low coverage of exclusive breastfeeding. This research was conducted in December 2022 (from – to --) in the Panton Reu sub-district, West Aceh. The study population was all mothers who had babies aged 6-12 months. Sampling by total sampling method The total of Popollution was sampled as a sample of 44 respondents. Furthermore, the data were analyzed using univariate and bivariate and then tested with a Simple Linear Regression Model.

Where is pilot study?

2.1 Design and research timing

This (The current study) type of research is an analytical survey with a Cross-Sectional Survey approach, was conducted in December 2022 in the Meutulang sub-district, West Aceh Regency

2.2 Research Study

Meutulang District is one of the sub-districts in West Aceh Regency with low exclusive breastfeeding coverage based on 2022 health office data. West Aceh Regency consists of 13 sub-districts, where Meutulang paint is the lowest sub-district of exclusive breastfeeding coverage compared to other sub-districts in West Aceh Regency.

2.3 Study participants

All types of basic health services are available in Meutulang sub-district, in Meutulang sub-district there is a Government Public Health Center Unit that meets all basic service needs for the community in its work area,

2.4 Sample Size

The sample size in this study Sampling with the total sampling method, namely the entirety of the population was used as a sample of 44 respondents.

2.5 Sampling Procedure

Overall sampling is that all samples **arewere** interviewed using the questionnaire provided, where all samples meet the sample criteria that have been set before infants aged 6-12 months.

2.6 Data Collection

This paper-based questionnaire is self-administered and semi-structured consisting of four parts: Knowledge of exclusive breastfeeding, **Actions** on exclusive breastfeeding, Culture on exclusive breastfeeding, and Exclusive breastfeeding. The questions in the questionnaire were prepared to take into account the recommended criteria as per previous studies. The questions are constructed in an understandable order. Study questionnaires were piloted on 20 infants aged 6-12 months to ensure internal validity. The validity and reliability of the instrument **arewere** ascertained before the study **iswas** conducted.

2.7 Study Variables

Mother's knowledge about exclusive breastfeeding, exclusive breastfeeding is breastfeeding alone without any additional food or drink for 6 months. This question is followed by knowledge Exclusive breastfeeding can increase immunity naturally, followed by knowledge Providing breast milk can increase the relationship of affection between mother and child, and continued again with Knowledge Providing foods and drinks other than breast milk will make babies fatter and healthier, MP-ASI is given when the baby is 7 months old.

Mother's **action** following food restrictions during breastfeeding, mother's act of giving formula milk if the baby is still crying after breastfeeding, mother's **action** is still breastfeeding even though your baby does not want it, mother's **action** of giving complimentary milk before the baby is 6 months, mother's **action** is giving drinks other than breast milk when the mother is working.

Culture In the mother's place, there are certain foods/drinks given to babies as a welcome for newborns with certain meanings. Culture Parents and mothers advise abstaining from food during breastfeeding, culture about your family's habit of giving breast milk if at home, When the mother is working, the baby is given formula milk, and your parents' culture suggests immediately giving foods other than breast milk such as bananas / crushed rice so that the baby is healthier and does not cry often, the culture where the mother in giving breast milk alone is enough to meet the baby's needs for 6 months. Do mothers exclusively breastfeed babies for 6 months?

2.8 Statistical Analysis

The data normality test is used to show that there is a sample from a normally distributed population. In this study using the Kolmogorov-Smirnov test, with the following normality criteria: If the value of sig. > ks, then the sample comes from a normally distributed population. If the value of sig. < ks, the sample does not come from a normally distributed population. Univariate analysis is carried out to obtain an overview of the frequency distribution or magnitude of proportions based on the variables studied (Notoatmodjo, 2012). Univariate data analysis can be performed using the SPSS program. The statistical analysis test used to test the **hypothesis** in this study is a simple linear regression analysis technique. Simple linear regression is used for only one independent variable and one dependent variable. The significance test steps of linear regression analysis are simple: Coefficient of Determination (R^2). The Coefficient of Determination (R^2) is a measure that expresses how well the regression lines of a sample match or match the data. T-test, T-test is used for partial hypothesis decision-making whether the independent variable has an effect on the dependent variable, with the following criteria: If the value of sig. < α , then H_0 is rejected and H_a is accepted, If the value of sig. > α , then H_0 is accepted H_a is rejected

3. RESEARCH RESULTS

3.1 Knowledge of Exclusive Breastfeeding

Of the 44 questionnaires filled out by interviewing respondents, several questionnaires, where questionnaires were 100% answered by answers from respondents. Based on the results of the answers from the questionnaire showed that of the 44 respondents who had poor knowledge as many as 27 respondents (61.4%), and respondents who had good knowledge as many as 13 respondents (38.6%),

3.2 Measures against exclusive breastfeeding

According to the results of the study, the answers of respondents in the questionnaire were based on the results of researcher interviews from those who had bad actions as many as 26 respondents (59.1%), and respondents who had good actions as many as 18 respondents (40.9%).

3.3 Culture towards exclusive breastfeeding

Based on the results of the questionnaire analysis, according to respondents' answers, it was found that respondents who had a culture did not support as many as 33 respondents (75.0%) out of 44 respondents who had a culture supported as many as 11 respondents (25.0%).

3.4 Exclusive breastfeeding

According to data from questionnaires from the results of answers that researchers get from respondents. Where respondents who did not exclusively breastfeed were 39 respondents (88.6%) out of 44 respondents who exclusively breastfed as many as 5 respondents (11.4%).

Table 1. Respondent frequency distribution Knowledge, attitudes, and actions

Category	(n)	(%)
Knowledge	17	38,6
Good	27	61.4
Not good		
Action	18	40.9
Exist	26	59.1
None		
Culture	11	25.0
support	33	75.0
does not support		
Exclusive Breastfeeding	5	11.4
yes	39	88,6
not		

Table 2 Results of Simple Linear Regression analysis

Variable	R	R ²	B	P value
Knowledge			0.625	0.011
Action	0.681	0.464	0.071	0.028
Culture			0.188	0.000

3.5 factors affecting low coverage of exclusive breastfeeding

Simple linear regression proves that the independent variable (knowledge, action) and (culture) correlation value (R) is 0.601 and the value of the coefficient of determination (R^2) is 0.464, which means that the influence of the independent variable on the dependent variable is 46.4% where the correlation between the independent variable and dependents are in a strong category. The test results showed that there was an influence of knowledge with value (Pvalue $0.011 < 0.05$), value action (Pvalue $0.028 < 0.05$), and value culture (Pvalue $0.000 < 0.05$) on the low coverage of exclusive breastfeeding.

4. DISCUSSION (Don't repeat the current results)

The importance of breastfeeding inclusion in infants at least up to 6 months, preferably up to the age of 2 years, affects the growth and development, antibody, and also the greed of future generations. One of the effects of exclusive breastfeeding on babies is increasing the quality of emotional relationships and making infant immunity more optimal. This study is to analyze the behavior and culture of the low coverage of exclusive breastfeeding in the Meutulang sub-district, West Aceh district.

Effect of knowledge on the low coverage of exclusive breastfeeding

Based on the results of statistical tests that have been carried out that there is a significant influence of knowledge-independent variables on variables bound to exclusive breastfeeding. Knowledge is the result of knowing from a situation we see in which a person is in cognitive contact with reality in something that has a relationship with another. On the one hand, the relationship is the conscious subject, and on the other is the part of reality known to be directly or indirectly related. While candor is a matter of degree, it would be easier to think of knowledge of things as a form of direct knowledge as opposed to knowledge of indirect things.

Similar research also says that knowledge has a strong influence on exclusive breastfeeding by mothers to their babies, where a sense of knowledge makes people confident in what they will do (Norhidayu, 2017). Furthermore, research (Khairunnas, et al, 2020) also says that everyone does something that is definitely under their respective understandings, if someone does not understand it, they usually do not do it, then knowledge is closely related to a person's desire to do something.

The opinion of researchers in the field is that mothers who have good knowledge about breast milk will give exclusive breastfeeding to their babies and vice versa mothers who do not have good knowledge about breast milk will not give exclusive breastfeeding to their babies. This good knowledge of the mother plays an important role in influencing the behavior of the mother to breastfeed exclusively to her baby for 0-6 months. The mother's knowledge about exclusive breastfeeding will be the basis for the mother to know and understand the correct behavior in exclusively breastfeeding so that it will manifest good behavior under the knowledge she has.

Effects of Action on low coverage of exclusive breastfeeding

According to the results of statistical analysis, there are significant results between independent variables and dependent variables, where there is an effect on the low coverage of exclusive breastfeeding in breastfeeding mothers. Where the action is a person's tendency to act (practice), the attitude has not manifested in action because, for the realization of action, some other factor is needed, namely the existence of facilities and infrastructure facilities needed.

In the opinion of researchers in the field, it was found that the mother's actions in breastfeeding were influenced by other factors, namely the trust possessed by the mother so that the mother can act according to what she believes, the mother's personal experience, and encouragement from the closest person to the mother. The failure of exclusive breastfeeding where mothers in the field act according to what they believe and see as giving complementary foods before 6 months is not a big thing because they have also given to their previous children, as well as seeing their relatives who do not show any problems to their babies and the participation of their parents in giving advice and direction to mothers,

According to previous research (Risma, Z., et al, 2022), there is an influence between the mother's actions and exclusive breastfeeding of her baby. Other studies also say that mothers' actions are closely related to exclusive breastfeeding by mothers to their babies (Amoo, T. B., et al, 2022). Research in line with maternal actions has a dominant influence on exclusive breastfeeding (Jebena, D. D., et al, 2022).

Effect Cultural Influence on Low Coverage of Exclusive Breastfeeding

The results of statistical tests are significant so that it can be seen that there is a partial influence of the independent variable (culture on the dependent variable, namely (inclusion of breastfeeding) f. This shows that hereditary cultural factors around where they live to play an important role in exclusive breastfeeding carried out by mothers to their babies.

According to previous research, exclusive breastfeeding is inseparable from the cultural order, which means that every breastfeeding from the mother to the other will be related to the socio-culture that develops in the community around the baby's mother (Marniati, M., et al, 2020). Everyone is always exposed to the environment in which they live so it will affect them both directly and indirectly. In this case, culture is also a habit or belief that we often see and what we know (Marniati, M. 2017, November). Once a belief has been established, it will be difficult to change, so it will become a basis of reference for the next generation in a particular society.

According to researchers in the field, people still cling to their hereditary culture circulating in the community, especially in terms of exclusive breastfeeding. In this case, the culture of breastfeeding is still inherent and believed by the local community, including breastfeeding mothers are not allowed to eat all types of food by nursing mothers, Only allowed to eat certain foods that are appropriate according to the recommendations of their ancient ancestors, this is very different from what is recommended by health workers.

The process of adhering to the culture or beliefs possessed by the mother is often found or obtained from parents, the experiences of others, and even the environment around the mother. So that the strength of one's beliefs depends on the beliefs passed down by one's ancestors and the experiences shared by one's one. Mothers with an unsupportive culture will thwart the process of exclusive breastfeeding where mothers will trust long-established habits in society rather than new methods that suit the needs and health suitability of caring for their children.

5. CONCLUSION

There needs to be more intense socialization and enlightenment by relevant officers in terms of mothers' understanding of exclusive breastfeeding so that mothers consider exclusive breastfeeding more important and must be given to their babies, in practice mothers can explore the culture around them to consciously give exclusive breastfeeding to babies at least 6 months.

CONSENT

ETHICAL APPROVAL

AVAILABILITY OF DATA AND MATERIALS.

The data used in **this** study were from primary data and secondary data

CONFESSION.

The author would like to thank the Respondents who have been willing to answer all questions in the questionnaire, to all parties in the Meutulang sub-district who were involved in the success of **this** research.

Exclusive Breastfeeding Duration to Six Months: A Literature Review of Factors and Barriers from 2010 to 2020

International Journal of Health, Medicine and Nursing Practice ISSN 2520- 0852 (Online) Vol.2, Issue No.1, pp 60 - 79, 2020

Review this research it is so important for you

Reference (References should be written as APA format)

1. Agyekum, M. W., Codjoe, S. N., Dake, F. A., & Abu, M. (2022). Are Infant birth weight and mothers' perceived birth size associated with the practice of exclusive breastfeeding in Ghana? *Plos one*, *17*(5), e0267179.
2. Al-Ghannami, S., Al-Mamari, S., Chekaraou, D., Abla, C., Al-Ghmmari, I., Al-Ajmi, A., ... Mabry, R. M. (2022). Exclusive Breastfeeding. *Sultan Qaboos University Medical Journal [SQUMJ]*. <https://doi.org/10.18295/squmj.5.2022.038>
3. Amoo, T. B., Popoola, T., & Lucas, R. (2022). Promoting the practice of exclusive breastfeeding: a philosophic scoping review. *BMC Pregnancy and Childbirth*, *22*(1), 1-15.
4. Marniati, M. (2016, December). The Influence of People's Knowledge and Attitudes Toward Traditional Treatment. In *1st Public Health International Conference (PHICo 2016)* (pp. 159-162). Atlantis Press.
5. Admasu, J., Egata, G., Bassore, D. G., & Feleke, F. W. (2022). Effect of maternal nutrition education on early initiation and exclusive breast-feeding practices in south Ethiopia: a cluster randomized control trial. *Journal of Nutritional Science*, *11*, e37.
6. Jebena, D. D., & Tenagashaw, M. W. (2022). Breastfeeding practice and factors associated with exclusive breastfeeding among mothers in Horro District, Ethiopia: A community-based cross-sectional study. *Plos one*, *17*(4), e0267269.
7. Marniati, M. (2017, November). Identifikasi Sosial Budaya Ibu terhadap Pencegahan Diare pada Balita. In *Prosiding SEMDI-UNAYA (Seminar Nasional Multi Disiplin Ilmu UNAYA)* (Vol. 1, No. 1, pp. 146-154).
8. Muluneh, M. W. (2023). Determinants of exclusive breastfeeding practices among mothers in Ethiopia. *Plos one*, *18*(2), e0281576.
9. Paramashanti, B. A., Dibley, M. J., Huda, T. M., & Alam, A. (2022). Breastfeeding perceptions and exclusive breastfeeding practices: A qualitative comparative study in rural and urban Central Java, Indonesia. *Appetite*, *170*, 105907.
10. Marniati, M., Fera, D., Sriwahyuni, S., Putri, E. S., Fahlevi, M. I., Jasmi, J., ... & Rahmi, R. (2020, December). Effect of Tradition and Social Economy on Giving Complementary Food for Mother's Milk in Babies. In *The 2nd International Conference on Public Health (ICPH) 2020*.
11. Mekebo, G. G., Argawu, A. S., Likassa, H. T., Ayele, W., Wake, S. K., Bedada, D., ... & Diriba, G. (2022). Factors influencing exclusive breastfeeding practice among under-six months infants in Ethiopia. *BMC Pregnancy and Childbirth*, *22*(1), 1-10.
12. Marniati, M., Mulyani, I., & Anwar, S. (2021). Feasibility Study On Audio-Visual Socialization In Increasing Mother's Knowledge About Exclusive Breastfeeding. In *The 3rd International Conference On Public Health (Icph)*.
13. Risma, Z., Marniati, M., Farisni, T. N., & Fitriani, F. (2022). THE EFFECT OF PREDISPOSING, ENABLING, AND REINFORCING ON EXCLUSIVE BREASTFEEDING. *MORFAI JOURNAL*, *2*(2), 265-274.
14. Lestari, A., Marniati, M., Anwar, S., & Duana, M. (2022). LOW EXCLUSIVE BREAST MILK IN BABIES AGED 0-6 MONTHS. *MORFAI JOURNAL*, *2*(2), 239-248.
15. Marniati, M., Mulyani, I., Husna, A., Putri, E. S., Lubis, A. I., Hayuningtyas, A., ... & Iskandar, W. (2022). Efforts to Increase the Volume of Breast Milk Through Analysis of the Nutrients of Banana Blossoms and Papaya Leaves To Increase the Coverage of Exclusive Breastfeeding As An Effort to Prevent Stunting. In *Proceedings of International Conference on Multidisciplinary Research* (Vol. 5, No. 1, pp. 179-185).
16. Nuampa, S., Ratinthorn, A., Patil, C. L., Kuesakul, K., Prasong, S., & Sudphet, M. (2022). Impact of personal and environmental factors affecting exclusive breastfeeding practices in the first six months during the COVID-19 pandemic in Thailand: a mixed-methods approach. *International breastfeeding journal*, *17*(1), 1-13.
17. Khairunnas, K., Husna, A., & Marniati, M. (2020). The relationship of socio-economic with nutritional status in toddlers in Meureubo Sub-District West Aceh Regency. *Journal of Nutrition Science*, *1*(1), 6-10.
18. Shohaimi, N. M., Mazelan, M., Ramanathan, K., Meor Hazizi, M. S., Leong, Y. N., Cheong, X. B., ... & Cheong, A. T. (2022). Intention and practice on breastfeeding among pregnant mothers in Malaysia and factors associated with the practice of exclusive breastfeeding: A cohort study. *Plos one*, *17*(1), e0262401.

19. Agrina, A., Afandi, D., Suyanto, S., Erika, E., Dewi, Y. I., Helina, S., ... & Safira, N. (2022). Analysis of supporting factors associated with exclusive breastfeeding practice in the urban setting during the covid-19 pandemic. *Children*, 9(7), 1074.
20. Marniati, I. M., Anwar, S., Putri, E. S., & Khairunnas, S. S. (2022). Increasing Breast Milk Volume Through The Utilization Of Local Food Banana Heart (*Carica Papaya L.*) And Papaya Leaves (*Musa Paradisiaca L.*) To Increase Coverage of Exclusive Breastfeeding As An Effort To Prevent Stunting. *Journal of Positive School Psychology*, 6(11), 2529-2537.
21. Vitalis, D., Witten, C., & Pérez-Escamilla, R. (2022). Gearing up to improve exclusive breastfeeding practices in South Africa. *Plos one*, 17(3), e0265012.
22. World Health Organization (WHO). (2013). WHO Traditional Medicine Strategy 2014-2023. *World Health Organization (WHO)*, 1–76. <https://doi.org/2013>
23. useva, S., Prastyaningrum, V. Y., Kurniasari, P., & Mustarina. (2017). Faktor yang mempengaruhi keberhasilan ASI eksklusif. *Journal of Issues in Midwifery*, 1(April), 19–29.

UNDER PEER REVIEW