

# The Relationship of Mother's Knowledge Level About Breast Milk to Mother's Motivation in Breastfeeding

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## ABSTRACT

Data from the Health Office obtained that from 7 public health center in the Pariaman city area, Naras Health Center had the lowest rate of achieving exclusive breastfeeding, namely 62.5%. Meanwhile, target of achieving exclusive breastfeeding set by the Pariaman city government is 80%. This study purpose was to “determine the relationship between the level of mother's knowledge about breastfeeding and mother's motivation to breastfeed in Ampalu village, the work area of the Naras Public Health Center, Pariaman City in 2019”. Descriptive analytic with a research design using “Cross Sectional” approach. This research was conducted in Ampalu village area The work of Naras “Public Health Center” on July 20 to August 3, 2019, sampling was using “Total Sampling technique” with sample that 39 respondents. Data collection tools are carried out using a questionnaire there is filled in by the researcher, and data processing is carried out in a computerized system. Conclusion this study “most of the respondents (51.3%) had low knowledge about breastfeeding, most of the respondents (56.4%) had poor motivation in breastfeeding, there was a significant relationship between knowledge and mother's motivation in breastfeeding ( p value = 0.000 < 0.05)”. Respondents should further increase their knowledge about how to breastfeed properly and correctly.

**Keywords:** *Level of Knowledge, Motivation*

## 1. INTRODUCTION

One of the obligations of mothers who have just given birth is to give breast milk. Babies have the right to get breast milk for 6 months without additional food or drink, starting from the time the baby is born and no later than one hour after the baby is born. This is related to the continuation of the mother in giving exclusive breastfeeding. One of the efforts in the success of government programs in improving the health and welfare of infants and children is exclusive breastfeeding. It has become a fact that the mortality (death rate) and morbidity (disease rate) of infants receiving exclusive breastfeeding are much smaller than infants who are not exclusively breastfed (Roesli, 2009). The risk of obesity can be reduced by breastfeeding by about 20%, because breastfed babies gain less weight than bottle-fed babies [1].

The infant mortality rate in Singapore is 3 per 1000 live births, Malaysia 5.5 per 1000 live births, Thailand 17 per 1000 live births, Vietnam 18 per 1000 live births, and Indonesia 27 per 1000 live births. The infant mortality rate in Indonesia is still higher than other ASEAN countries, when compared to the 2015 MDGs (Millennium Development Goals) target of 23 per 1000 live births [2].

The infant mortality rate in Indonesia is 25 deaths per 1,000 live births. This number still does not meet the target of the Millennium Development Goals (MDGs) which targets an IMR of 24 deaths per 1000 live births [2]. Several factors that can cause infant mortality include diarrhea, infectious diseases, and pneumonia. One of the prevention efforts that can be done to reduce the IMR is by giving breast milk (ASI). While the results of the

Basic Health Research (Riskesdas) in 2018 showed the percentage of exclusive breastfeeding in Indonesia increased to 58.2%, while in 2013 it was 30.2% [3].

Breast milk given to infants without other complementary foods for 6 months is the definition of exclusive breastfeeding. To boost the baby's immune system, it is necessary to give exclusive breastfeeding [4].

There are still mothers who choose not to breastfeed their babies. There are a number of reasons that make mothers do not want to breastfeed, including: lack of knowledge about the benefits of breastfeeding, lack of interest or negative perception of breastfeeding, lack of support from partners and family members, lack of social support, need for work, and aggressive company marketing. - infant formula company, Stewart-Knox [5].

Briawan [6] suggests factors that influence breastfeeding motivation, namely: "mother's knowledge about breastfeeding, family support (husband, in-laws, parents and siblings), surrounding environment, lifestyle changes, socio-cultural conditions of the community. , and family economy. Based on the results of a survey of 43 mothers who have toddlers, it is known that support for mothers who breastfeed is support from husbands 93.0%, support from parents 79.1%, support from parents-in-law 79.1%, support from parents 72.1% from friends and 72.1% support from community leaders such as traditional birth attendants, midwives, doctors, village officials and ustadz". From these data it is known that the greatest support for mothers who give breast milk is support from the closest person or husband. but in reality there are still many mothers who do not exclusively breastfeed for various reasons, such as breast milk hurts, does not want to come out, even though with the stimulus of breastfeeding children, milk production increases [7]

According to Februhartanty, failure in exclusive breastfeeding is due to the low level of knowledge of the mother and the lack of knowledge of the mother. to her baby. This knowledge affects exclusive breastfeeding. Mothers who have good knowledge, then the motivation of mothers to exclusively breastfeed will be better too, and conversely the lack of knowledge of mothers can affect the motivation of mothers to exclusively breastfeed [7].

Several studies show that breastfeeding will help the process of intellectual development of children. The results of research on the intelligence of low birth weight infants (LBW) conducted in

childhood showed that there was a significant difference in IQ between breastfed babies and formula-fed babies. Breastfed babies are smarter than formula-fed babies [8]. Breast milk is the pure essence of what is consumed by the mother. If what the mother consumes has high nutritional value and is halal, it will determine the quality of the child's growth and development, even for the development of the child's personality towards adulthood [9].

Conclusion of research conducted by Adelia Meutia Putri about "the influence of husband's knowledge and attitudes on mother's behavior in exclusive breastfeeding in the village of Negeri Sakti, Gedong Tataan district, Pesawaran district, where there is a relationship between knowledge and mother's behavior in exclusive breastfeeding, namely  $p \text{ value} = 0.007 < 0.05$ )".

The Infant Mortality Rate (IMR) in West Sumatra was recorded at 700 cases in 2017. While the incidence of stunting / stunting in West Sumatra in 2015 to 2018 was always above  $> 20\%$  while the achievement should be below 20%.

In West Sumatra [10], exclusive breastfeeding is still very minimal, namely only 65 percent of mothers who breastfeed their children exclusively. There are 8 districts/cities that are still low on exclusive breastfeeding, namely Padang Pariaman, Tanah Datar, Solok, Dharmas Raya, Padang, Payakumbuh Padang Panjang and Solok City. Where of the 8 regencies/cities that are still relatively low, the Padang Pariaman Regency ranks the bottom three in the issue of exclusive breastfeeding [11]

From the initial survey that researchers conducted at the Pariaman City Health Office on April 25, 2019, data was obtained that from 7 health centers in the Pariaman city area, Naras Health Center had the lowest rate of exclusive breastfeeding at 62.5%. Meanwhile, the target of achieving exclusive breastfeeding set by the Pariaman city government is 80%. While the data from the Naras Health Center that the researchers obtained, it was found that Ampalu village had the lowest achievement of exclusive breastfeeding for infants, namely 43.5% or 17 babies who were breastfed from 39 babies in Ampalu village.

**2. MATERIALS AND METHODS**

Analytical descriptive research design using a Cross Sectional approach is used in this study, “namely the cause or risk and effect variables that occur in the research object are measured or collected simultaneously (at the same time)”. Conclusion were to “determine the relationship between the level of mother's knowledge about breastfeeding and mother's motivation to breastfeed in the Ampalu village, the work area of the Naras Public Health Center in Pariaman City in 2019”. This research was carried out in the Ampalu village, the work area of the Naras Health Center in August 2019. The population in this study was all mothers who have babies aged 0-6 months who are in the Ampalu village, the working area of the Naras Health Center, totaling 39 mothers. Samples were taken using the total sampling method or taking the entire population of 39 mothers.

**3. RESULTS**

The results of this study consisted of univariate and bivariate analysis. Univariate analysis includes respondent characteristics, mother's level of knowledge, motivation. Bivariate analysis is a significant “relationship between knowledge and motivation of breastfeeding mothers”.

**3.1 Univariate Analysis**

**Table 1.** Overview of Respondents' Education

Education	f	%
SD	5	12,8
SMP	10	25,6
SMA	23	58,9
PT	1	2,5
<b>Amount</b>	<b>39</b>	<b>100</b>

From the table above it can be concluded have elementary education level have 12.8%, junior high school 25.6%, high school 58.9%, and college 2.5%.

**Table 2.** Description of Respondents Age

Age	f	%
20-30	27	69,2
31-40	12	30,8
<b>Amount</b>	<b>39</b>	<b>100</b>

From the table above it can be concluded, it can be seen that respondents aged 20-30 were 69.2%, and aged 31-40 were 30.8%.

**Table 3.** Frequency Distribution of Mother's Knowledge Level

Knowledge	f	%
High	19	48,7
Low	20	51,3
<b>Amount</b>	<b>39</b>	<b>100</b>

From the table above it can be concluded, it can be seen that respondents who have high knowledge are 48.7% and have low knowledge of 51.3%.

**Table 4.** Frequency Distribution of Mother's Motivation in Breastfeeding

Motivation	f	%
Good	17	43,6
Bad	22	56,4
<b>Amount</b>	<b>39</b>	<b>100</b>

From the table above it can be concluded, it can be seen that 43.6% of respondents who have good motivation and 56.4% have 56.4% of those who have poor motivation.

**3.2 Bivariate Analysis**

**Table 5.** Relationship between Knowledge and Motivation of Breastfeeding Mothers

			Motivasi ibu menyusui	
Spearman's rho	Knowledge	Correlation Coefficient	1.000	.798**
		Sig. (1-tailed)	.	.000
		N	39	39

Based on Spearman's table above, it is known that there is a significant relationship between knowledge and motivation of breastfeeding mothers and it is determined that the correlation between the two has a strong relationship with a correlation coefficient of 0.798.

#### 4. DISCUSSION

The results of the above research are obtained on the knowledge of respondents in Ampalu village, the work area of the Naras Public Health Center, Pariaman City, it is known that most of the respondents 51.3% have low knowledge, and 48.7% have high knowledge about breastfeeding in Ampalu village, the work area of the Naras City Health Center. Pariaman 2019.

Knowledge is a very important domain for the formation of one's actions. If the respondent's knowledge is lacking, it will be difficult for someone to apply it in real practice because knowledge is a very important domain for the formation of one's behavior [12].

The results of this study are the same as the results of research conducted by Tri Utami Listyaningrum, which is about the relationship between the level of knowledge and the motivation of mothers in exclusive breastfeeding, where the knowledge of mothers in exclusive breastfeeding is categorized as less (51.4%). The results of the research conducted by Yuli Astuti Setiasih on the relationship between knowledge level and motivation for exclusive breastfeeding at the Rachmi Maternity Home Yogyakarta, where the knowledge of many mothers was low (75.9%). and what was done by Sigit Wiendarto in 2014, where the knowledge of many mothers was low (51.4%).

The knowledge of the respondents in this study the most knowledgeable was low, namely (51.3%), this was because most of the respondents did not know about breastfeeding properly and correctly and the benefits of breastfeeding itself. The lack of knowledge of respondents here can certainly have an unfavorable impact on their babies, such as the nutritional status of children who are less than malnourished, children are easy to get disease, children who are less agile, in addition to various kinds of diseases and the development and growth of children, disability and death can approach. child. The low level of

knowledge here can also be caused by the lack of counseling provided by the health team to the community as well as being the basis for the community's knowledge of mothers about breastfeeding. In addition, the education of the respondents who still have elementary school education (12.8%) and junior high school (25.6%) is what makes mothers think critically. This is in accordance with what Langeveld in Notoatmodjo (2012) states that someone who has a good level of education is able to think more critically and has broad knowledge.

It is known that most of the respondents (56.4%) have poor motivation, and (43.6%) who have good motivation in breastfeeding in the Ampalu Village, the work area of the Naras Public Health Center, Pariaman City in 2019.

Motivation is the process of generating behavior, sustaining behavioral progress, and channeling specific action behaviors. Thus, motives (needs, desires) encourage a person to act. [13].

Mangkunegara [14] revealed that "motivation is formed from the attitude (attitude) of employees in dealing with work situations in the company (situation)". Motivation is a condition or energy that moves employees who are directed or directed to achieve the company's organizational goals. Motivation is a factor that encourages a person to perform a certain activity, motivation is often interpreted as a factor in a person's behavior [13].

The goal is clear and realized by the motivated and in accordance with the needs of the motivated person, the motivational action will be successful. Therefore, everyone who will provide motivation must really know and understand the life background, needs, and personality of the person to be motivated.

The results of this study are the same as the results of research conducted by Ismiati, which is about the relationship between knowledge and mother's motivation in exclusive breastfeeding in Karanganyar, where the mother's motivation in exclusive breastfeeding is in the low category (59%). The results of research conducted by Yuli Astuti Setiasih about the relationship between the level of knowledge and the motivation of exclusive breastfeeding at the Rachmi Maternity Home Yogyakarta, where the motivation of many mothers

is lacking, namely (70%). and what was done by Sigit Wiendarto in 2014, where the motivation of mothers in breastfeeding was categorized as good or not good (53.6%).

The assumption of the researcher in this study is that the motivation possessed by mothers in breastfeeding in this study was found to have a lot of poor motivation, namely (56.4%), this can make things worse for their babies if the respondent has no motivation or motivation. have poor motivation. The low motivation possessed by the mother could be due to the respondent's lack of knowledge about breastfeeding, and the lack of attitude also made the respondents not have the encouragement from within themselves to breastfeed. and also encouragement from outside such as the environment also becomes an obstacle to the mother's motivation. While good motivation is owned by respondents (43.6%), this is because the mother gets motivation or encouragement from within herself as well as encouragement from outside. The encouragement that comes from within is due to the knowledge and attitudes possessed by the respondent himself, while the encouragement that comes from outside can be due to encouragement from his husband or family, environment, culture, and perceptions held by the respondent himself. This is what makes respondents positively motivated towards mothers in breastfeeding. "Relationship between Mother's Knowledge Level about Breastfeeding and Mother's Motivation in Breastfeeding in Ampalu Village, Naras Public Health Center, Pariaman City in 2019".

Based on the results of bivariate analysis, it is known that 19 people with high knowledge levels have good motivation, there are 17 (43.6%). Meanwhile, of the 20 people with low levels of knowledge who have poor motivation, there are 22 (56.4%).

From the results of the Spearman test that has been carried out, it is found that there is a relationship between Mother's Knowledge Level About Breastfeeding on Mother's Motivation in Breastfeeding in Ampalu Village, Naras Community Health Center Work Area, Pariaman City in 2019 ( $p$  value:  $0.000 < 0.05$ ).

Knowledge is very important for the formation of one's actions, actions based on

knowledge will be more lasting than actions that are not based on knowledge [14]. This is relevant to Notoatmodjo's (2012) theory that knowledge is a very important domain for the formation of one's actions. If the respondent's knowledge is lacking, it will be difficult for someone to apply it in real practice because knowledge is a very important domain for the formation of one's actions. Respondents will use health services if they have good knowledge .

The results of this study are the same as the results of research conducted by Tri Utami Listyaningrum, namely the relationship between the level of knowledge and the mother's motivation in exclusive breastfeeding, where the results of the study found a relationship between the level of knowledge and the mother's motivation ( $p$  value =  $0.003 < 0.05$ ). The results of the research conducted by Yuli Astuti Setiasih on the relationship between knowledge level and motivation for exclusive breastfeeding at the Rachmi Maternity Home Yogyakarta, where there is a relationship between mother's knowledge and breastfeeding motivation ( $p$  value  $0.000 < 0.05$ ). and what was done by Sigit Wiendarto in 2014, where there is a relationship between knowledge and mother's motivation in breastfeeding ( $0.002 < 0.05$ ) .

Knowledge about breastfeeding seems to be quite influential on the motivation of the respondents in breastfeeding, this can be seen from the majority of respondents who have high knowledge (84.2%) generally have good motivation in breastfeeding, and almost all respondents who have low knowledge (95 %) generally have poor motivation in breastfeeding. Those with low knowledge generally do not understand how to breastfeed properly and correctly. And also as for the knowledge of respondents who are low but have good motivation, this can be due to other factors that cause respondents to have good motivation in breastfeeding such as encouragement from the environment and so on. In addition, mothers who have high knowledge generally have good motivation in breastfeeding, this is in accordance with Lavengel's opinion in the book [14] where he says that someone will behave according to the knowledge they have, where people who are highly knowledgeable will tend to behave in accordance with the knowledge they have, in the sense that

someone with high knowledge will think better than someone with low knowledge .

However, there are also respondents who have high knowledge but have poor motivation in breastfeeding, this is due to other factors that influence a person in giving breast milk properly and correctly, this can be due to the attitude of respondents who think that breast milk is not so important, or milk formula is better than breast milk. This can make someone who is highly knowledgeable, but less good in their motivation to breastfeed or breastfeed .

## 5. CONCLUSION OF SUGGESTIONS

This research can be concluded that there is a significant relationship between knowledge and mother's motivation in breastfeeding ( $p$  value =  $0.000 < 0.05$ ) .

Based on the results of the conclusions above, the authors state that this study, as an illustration of data for future researchers on the issue of breastfeeding, and can examine other factors that influence respondents more in breastfeeding their children.

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