

Exclusive Breastfeeding Pass Certificate

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Exclusive Breastfeeding Pass Certificate as a Reward for Exclusive Breastfeeding Motivation

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ABSTRACT

World health agencies through WHO and UNICEF have recommended exclusive breastfeeding, but there are still mothers who have not given exclusive breastfeeding. In 2018 it was known that only 37.3% of mothers breastfed exclusively, while the government targets exclusive breastfeeding coverage of 80%. Data from Lamongan Regency shows that in 2016 87% of infants who received exclusive breastfeeding exceeded the government's target, but it means that there are still mothers who have not exclusively breastfed. One form of support in exclusive breastfeeding is by giving awards in the form of certificates. This study aims to determine the correlation between breastfeeding certificates and motivation for exclusive breastfeeding. Correlational analytical research design. The population is all breastfeeding mothers >6 months. The sample size was taken by simple random sampling of 40 people. Data collection was done by interview. The questionnaire was used as an instrument. Data analysis using Chi Square test with $\alpha=0.05$. The research site is in Bedingin Village, Sugio District, Lamongan Regency. There is a correlation between the provision of exclusive breastfeeding certificates and the mother's motivation in exclusive breastfeeding ($p=0.000$). It is hoped that the provision of certificates will increase the motivation of mothers to exclusively breastfeed so as to increase the coverage of exclusive breastfeeding.

ABSTRAK

Badan kesehatan dunia melalui WHO dan UNICEF telah merekomendasikan untuk menyusui eksklusif namun masih ada ibu yang belum memberikan ASI Eksklusif. Pada tahun 2018 diketahui hanya 37,3% ibu menyusui secara eksklusif, sedangkan pemerintah menargetkan cakupan ASI Eksklusif sebesar 80%. Data Kabupaten Lamongan menunjukkan tahun 2016 bayi yang mendapatkan ASI Eksklusif sebanyak 87% hal ini melebihi target pemerintah, namun artinya masih ada ibu yang belum menyusui eksklusif. Salah satu bentuk dukungan dalam pemberian ASI Eksklusif adalah dengan pemberian penghargaan dalam bentuk sertifikat. Penelitian ini bertujuan untuk mengetahui korelasi pemberian sertifikat ASI terhadap motivasi menyusui eksklusif. Desain penelitian analitik korelasional. Populasi adalah seluruh ibu menyusui >6 bulan. Besar sample diambil dengan simple random sampling sebanyak 40 orang. Pengumpulan data dilakukan dengan wawancara. Kuesioner digunakan sebagai instrumen. Analisa data menggunakan uji Chi Square dengan $\alpha=0,05$. Tempat penelitian di Desa Bedingin Kecamatan Sugio Kabupaten Lamongan. Terdapat korelasi antara pemberian sertifikat lulus ASI Eksklusif dengan motivasi ibu dalam menyusui eksklusif ($p=0,000$). Diharapkan pemberian sertifikat akan meningkatkan motivasi ibu menyusui secara eksklusif sehingga meningkatkan cakupan ASI Eksklusif.

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INTRODUCTION

Breastfeeding is a mutually beneficial activity between mother and baby. Breastfeeding creates a close relationship between mother and baby. Breast milk has an important role, because it contains nutrients that are good for the growth and development of babies, so breast milk is highly recommended. The government stipulates exclusive breastfeeding as an indicator of accelerated nutrition improvement in the Movement for the first 1000 days of life starting from pregnancy until the child is 2 years old (RI, 2013). Exclusive breastfeeding according to Government Regulations number 33 of 2012 is breast milk that is given to babies from birth to 6 months without adding and or replacing with other food or drinks.

The World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) have recommended exclusive breastfeeding by not providing any food or drink, including water. Exclusive breastfeeding is breastfeeding alone without any other food or drink. However, there are still mothers who have not given exclusive breastfeeding. According to the RISKESDAS (2018), 37.3% of mothers exclusively breastfed, this is still low compared to the government's targeted exclusive breastfeeding coverage of 80% (Sakti, 2018). In 2019, the national coverage of babies who received exclusive breastfeeding was 67.74%, this figure has exceeded the Strategic Plan target in the same year, namely 50%. In East Java itself ranks 3rd nationally with a coverage of 78.27% (Primadi, 2020). Meanwhile, research conducted at the Olak Kemang Health Center, Jambi City, showed that the coverage of exclusive breastfeeding was still below the Minimum Service Standard target (Silvianta et al., 2018). Data on the number of babies who are exclusively breastfed in Lamongan Regency according to the Central Statistics Agency in 2016 is 87%, this exceeds the government's target but means that there are still mothers who have not exclusively breastfed. Government policies related to exclusive breastfeeding are contained in the Republic of Indonesia Government Regulation Number 33 of 2012 concerning the Provision of Exclusive Breastfeeding. In addition, the government also regulates procedures for providing special facilities for breastfeeding and or expressing breast milk (RI, 2013).

One form of support in exclusive breastfeeding is the provision of a certificate of passing exclusive breastfeeding. Certificates can be given by the Puskesmas or the Village as a form of appreciation to the mother for successfully breastfeeding exclusively for up to 6 months. However, not all health centers or villages provide a certificate of passing ASI. This study aims to determine the effect of giving exclusive breastfeeding certificates to the motivation of exclusive breastfeeding mothers.

METHOD

Correlational analysis is the design in this study. The population is all breastfeeding mothers >6 months. The sample size using simple random sampling is 40 people. Data collection was done by interview. The research instrument used a questionnaire. Data analysis using Chi Square test with $\alpha = 0.05$. The research site is in Bedingin Village, Sugio District, Lamongan Regency.

RESULT

5 Table 1 Frequency Distribution of Respondents based on Age

No	Age	Frequency	Percentage (%)
1.	17-25	10	25
2.	26-35	20	50
3.	36-45	6	15
4.	46-55	4	10
Total		40	100

Table 1, it shows that some respondents are 26-35 years old (50%) and a small portion are 46-55 years old (10%).

3 Table 2. Frequency Distribution Of Respondents Based On The Number Of Children

No	Number Of Children	Frequency	Percentage (%)
1.	1	14	35
2.	2	18	45
3.	>3	8	20
Total		40	100

Table 2 shows that almost most of the respondents have 2 children (45%) and a small proportion have > 3 children (20%).

1 Table 3 Distribution of Respondents Frequency Based on Mother's Occupation

No	Work	Frequency	Percentage (%)
1.	Working	8	20
2.	Not Working	32	80
Total		40	100

Table 3, it shows that most of the respondents do not work/IRT (80%) and a small proportion are employed (20%).

5 Table 4 Distribution of Respondents Frequency Based on Mother's Education

No	Education	Frequency	Percentage (%)
1.	Primary school/ Junior high school	20	50
2.	Senior High School	16	40
3.	College	4	10
Total		40	100

Table 4, it shows that most of the respondents have basic education (SD/SMP) (50%) and a small proportion have higher education degrees (10%).

5 Table 5 Distribution of Respondents by Ownership of ASI Certificates

No	ASI Certificates	Frequency	Percentage (%)
1.	Get ASI Certificate	33	82.5
2.	Didn't Get Certificate ASI	7	17.5
Total		40	100

Table 5 shows that most of the respondents received a certificate of passing ASI (82.5%) and a small portion did not receive a certificate of breastfeeding (17.5%).

Table 6 Distribution of Respondents Based on Exclusive Breastfeeding Motivation

No	Motivation	Frequency	Percentage (%)
1.	Good	29	72,4
2.	Not good	11	27,5
Total		40	100

Table 6 shows most of the respondents have good motivation (72.5%) and a small part have less motivation (27.5%).

Table 7 Correlation of Exclusive Breastfeeding Pass Certificate with Exclusive Breastfeeding Motivation

No	ASI Pass Certificate	Motivation				Total	p	
		Good		Not good				
		f	%	f	%			
1.	ASI Certificate	29	87,9	4	12,1	33	100	0,000
2.	No ASI Certificate	0	0	7	100	7	100	

Table 7 shows that the value of $p = 0.000$ so that it can be concluded that there is a relationship between the provision of a certificate of passing breastfeeding with exclusive breastfeeding motivation.

DISCUSSION

Table 5 shows that most of the mothers received breastfeeding certificates (82.5%) which means that the mothers have succeeded in breastfeeding exclusively for up to 6 months without giving any food to the baby. Various efforts have been made to increase the coverage of exclusive breastfeeding, including by providing counseling or counseling to mothers and families, so that mothers and families understand the importance of exclusive breastfeeding. In addition, the existence of a policy from the government is also expected to encourage an increase in the coverage of exclusive breastfeeding, this policy is stated in the Government Regulation of the Republic of Indonesia Number 33 of 2012 regarding the exclusive provision of breast milk, but unfortunately not all local governments implement the policy of exclusive breastfeeding (Safitri & Puspitasari, 2018). Family support also affects exclusive breastfeeding because family support is emotional (Umami, W., 2018). There is research showing that there is a relationship between husband's support and exclusive breastfeeding. Support can be provided in the form of materials or assistance in solving problems. This support will provide a great motivation for exclusive breastfeeding (Nasution et al., 2016). With good support from her husband, the mother will be more confident and have stable emotions. Table 3 shows that most of the mothers do not work (80%), mothers are only housewives where they are with their babies for 24 hours every day. In fact, it is easier for housewives to provide exclusive breastfeeding than working mothers. This is in line with other studies which show that working mothers have a low ability to provide exclusive breastfeeding compared to mothers who do not work because working mothers do not store breast milk due to the assumption that breast milk will go stale so

they prefer to throw it away rather than keep it (Mareta & Masyitoh, 2016). In addition, working mothers face obstacles due to a short period of leave before the end of perfect exclusive breastfeeding so that they cannot provide exclusive breastfeeding (Umami, W., 2018). Mother's knowledge also influences exclusive breastfeeding. According to research conducted by Aswita Amir, it shows that most mothers who have good knowledge tend to give exclusive breastfeeding. By seeing the benefits of exclusive breastfeeding, mothers decide to give it to their babies (Amir et al., 2018).

Table 6 shows that most of the mothers have good motivation to breastfeed exclusively (72.5%). This is in line with research that mothers who have high motivation in breastfeeding are 6.767 times more likely to be able to exclusively breastfeed their babies (Dania & Fitriyani, 2020). High motivation makes mothers strong, not easily discouraged, and not easily give up so that there is a desire to succeed in exclusive breastfeeding. According to the Big Indonesian Dictionary, motivation is a form of encouragement that arises in a person, both consciously and unconsciously, to do actions with certain goals. Mothers who have high motivation get encouragement to succeed in exclusive breastfeeding, because by achieving these goals, mothers get satisfaction with what they are doing. However, there are still mothers who do not succeed in exclusive breastfeeding (17.5%). There are many reasons that cause this, including breast milk does not come out and children are fussy so mothers choose to give additional milk (Silvianta et al., 2018). Based on table 7, it is known that there is a close correlation between the provision of exclusive breastfeeding certificates and the mother's motivation to exclusively breastfeed. Providing exclusive breastfeeding certificates as an award for mothers for having struggled in exclusive breastfeeding, as well as contributing to efforts to educate the next generation through exclusive breastfeeding. ASI certificate is a piece of paper containing information about a mother's success in exclusive breastfeeding for 6 months. This certificate can be issued by the Puskesmas, village, or other parties that support the Exclusive Breastfeeding program. Some mothers said that giving certificates was a form of appreciation that could motivate mothers to be able to successfully breastfeed exclusively. The award can be in the form of gifts or certificates. Rewards in the form of certificates can also stimulate mothers who will breastfeed to be able to exclusively breastfeed. In Desa Bedingin Kecamatan Sugio Kabupaten Lamongan, the working area of the Sugio Health Center is a program to provide a certificate of passing breastfeeding which is intended for mothers who have successfully breastfed for 6 months without being given additional food. This program is a collaboration between the Sugio branch of the Aisiyah women's organization, the Sugio Health Center, and the Sugio Village Government. However, not all regions have implemented a policy of granting breastfeeding certificates. Several regions that have issued certificates for passing breastfeeding include the Purbalingga district government with 195 certificates in 2019 (Widiyatno, 2019), in addition East Lampung has also given 459 certificates for mothers who successfully breastfeed in 2020 (Qhadumi, 2020).

From this research, it is hoped that the granting of a breastfeeding graduate certificate is a form of effort to increase mother's motivation which in turn supports the success of the exclusive breastfeeding program, especially in Indonesia. The local government is expected to be able to take policies in issuing certificates for passing exclusive breastfeeding.

CONCLUSIONS

This study shows that there is a relationship between the provision of a breastfeeding certificate and the motivation of exclusive breastfeeding mothers.

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