

Effectiveness of Education on the Success of Early Breastfeeding Initiation in Women Giving Birth by CS

Winda Mutiasyah^{1*}, Ita Herawati²

Sekolah Tinggi Ilmu Kesehatan Abdi Nusantara

Corresponding Author: Winda Mutiasyah juwinda90@gmail.com

ARTICLE INFO

Keywords: Education, Early Breastfeeding Initiation, Early Breastfeeding Initiation Success

Received : 17 November

Revised : 15 December

Accepted: 13 January

©2023 Mutiasyah, Herawati:

This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

Knowing the effectiveness of education on the success of Early Breastfeeding Initiation in maternity mothers with SC. Quasi-experimental design with nonequivalent control group design. The sample in this study was all maternity mothers with SC at YPK Mandiri Hospital in November 2022 were 40 people. Sampling technique, namely accidental sampling. Only a small percentage of control group respondents succeeded in carrying out Early Breastfeeding Initiation, namely 2 people (10 %). Most of the respondents to the intervention group successfully carried out Early Breastfeeding Initiation, namely 18 people (90 %). Education is effective to increase the success of Early Breastfeeding Initiation (Asymp. Sig. (2-tailed) 0.000). Education is effective to increase the success of Early Breastfeeding Initiation. It is hoped that midwives can provide education about Early Breastfeeding Initiation to mothers during pregnancy checkups.

INTRODUCTION

Malnutrition is estimated to be associated with 2.7 million child deaths each year or 45% of all child deaths. Infant and young child feeding is key to improving child survival and promoting healthy growth and development. The first two years of a child's life are very important because optimal nutrition during this period reduces morbidity and mortality, reduces the risk of chronic disease, and promotes better overall development (WHO, 2021).

WHO/UNICEF in the Global Strategy for Infant and Young Child Feeding (IYCF) which was later adopted by the Ministry of Health, recommends four important things that must be done to achieve optimal growth and development, namely: Early Initiation of Breastfeeding (IMD), giving exclusive breast milk from birth until the baby is 6 months old, provide Complementary Food for Breast Milk (MP-ASI) starting at the age of 6 months, and continue breastfeeding until the child is 24 months old or more (Posyandu Cadre Orientation Guide, 2019). Exclusive breastfeeding for 6 months can reduce the infant mortality rate by up to 13% (Ministry of Health, 2019).

Optimal breastfeeding is very important because it can save the lives of more than 820,000 children under the age of 5 every year. However, many babies and children do not receive optimal nutrition. Only around 44% of babies aged 0-6 months worldwide were exclusively breastfed during the 2015-2020 period (WHO, 2021). Community Immersion program is one of the courses offered in a local higher education institution in the Olongapo City, Philippines. The aim of this course is to provide relevant experience to all pre-service teachers enrolled in the course/subject. This focuses on the application of concepts such as classroom management, teaching-learning process, and showcasing pedagogical knowledge and skills. This study explores the experiences and challenges encountered by the pre-service teachers during their community immersion on their chosen locality.

Based on data from the DKI Jakarta Provincial Health Service obtained from the People's Welfare Indicators (2021), in 2020 exclusive breastfeeding for children under 6 months was 70.09%, an increase from the previous year which was 66.69%. Exclusive breastfeeding in DKI Jakarta as a whole in 2020 reached 65.41%. This figure is higher than in 2019 which was only 53.3% but down compared to 2018 which was 81.9%. The highest rate of exclusive breastfeeding was reported by South Jakarta (79.16%), North Jakarta (77.37%), and Central Jakarta (72.84%), while the lowest was in East Jakarta which was still below 50% (Provincial Health Profile DKI Jakarta, 2021).

Exclusive breastfeeding for 6 months has many benefits for the baby and mother. The most important of these is protection against gastrointestinal infections which is observed not only in developing countries but also industrialized countries (WHO, 2021). One of the targets in the Global Nutrition Targets 2025 set by WHO is to increase exclusive breastfeeding in the first 6 months to at least 50%. To achieve this target, WHO and UNICEF recommend early initiation of breastfeeding within 1 hour after birth (WHO, 2021).

Early initiation of breastfeeding within 1 hour after birth will protect newborns from infection and reduce newborn deaths. The risk of death from diarrhea and other infections may increase in babies who are partially breastfed or not breastfed at all (WHO, 2021). According to the Ministry of Health, the implementation of Early Breastfeeding Initiation will help the continuation of exclusive breastfeeding. The results of the study state that if babies undergo Early Breastfeeding Initiation and Exclusive Breastfeeding for 6 months, 22% of deaths in newborn babies can be prevented (Posyandu Cadre Orientation Guide, 2019).

According to WHO and UNICEF (2021), in 2020 the fact is that less than half of the population of newborn babies (48%) can be placed directly on their mother's chest after birth, while the first hour the baby is born into the world is a critical period where they most need physical contact with the mother. This practice varies greatly by region. The prevalence of early initiation of breastfeeding in Eastern Europe and Central Asia is 70%, East and South Africa is 64%, Middle East and North Africa is 34%, South Asia is 50%, Latin America and the Caribbean is 54%, West and Central Africa is 46%, and East Asia and the Pacific at 38%.

Nationally, the percentage of newborns who received IMD in 2020 was 77.6%. This figure has exceeded the IMD national target for 2020, namely 54%. DKI Jakarta Province is the province with the highest percentage of newborns receiving IMD, namely 96.1%, while the province with the lowest percentage is Maluku at 52.1% (Indonesian Health Profile, 2021). Of all districts/cities in DKI Jakarta Province, IMD coverage in Central Jakarta in 2020 was ranked 2nd lowest with a percentage of 99.06% (DKI Jakarta Provincial Health Profile, 2021). The prevalence of mothers who breastfeed early after having a Sectio Caesarea (SC) procedure is lower than mothers who give birth spontaneously vaginally. In previous literature, it was found that mothers who gave birth using Sectio Caesarea did not breastfeed their babies on the first day of birth and the number was almost close to 100%. Even though the early breastfeeding process is important to support the success of breastfeeding babies (Indah, 2022).

According to Indrawati in Achadyah et al. (2017), the low implementation of Early Breastfeeding Initiation (IMD) among post-SC mothers is partly due to the lack of information and knowledge of mothers. This research is in line with research conducted by Harahap et al. (2021) regarding one of the obstacles to implementing Early Breastfeeding Initiation (IMD) in post-SC patients, namely the lack of information and knowledge of patients about IMD.

One of the determining factors for the success rate of carrying out IMD is the synergy between health workers and the mother from the birth process until the IMD process is completed, the mother's knowledge during pregnancy about the benefits of IMD and her husband's support (Novianti & Mujiati in Selviyanti et al., 2022). Mothers' knowledge from pregnancy to delivery about Early Breastfeeding Initiation (IMD) is crucial for the success of providing exclusive breastfeeding and preventing babies from being exposed to malnutrition, so there is a need to increase mothers' knowledge and understanding about Early Breastfeeding Initiation through counseling (Selviyanti et al., 2022).

Suyani's research in Supriani et al. (2021) regarding the influence of Early Breastfeeding Initiation counseling on knowledge and motivation to carry out Early Breastfeeding Initiation in third trimester pregnant women at BPS Yuni Baerozi Sorowajan Sewon Bantul Yogyakarta found that the level of knowledge of third trimester pregnant women before being given counseling was in the sufficient category and after being given counseling included in the good category. It is important to carry out research on pregnant mothers' knowledge regarding Early Breastfeeding Initiation because mothers' knowledge regarding Early Breastfeeding Initiation is one of the important factors in the successful implementation of Early Breastfeeding Initiation, for this reason good information is needed so that mothers' knowledge about Early Breastfeeding Initiation is high and Initiation Early breastfeeding can be implemented (Supriani et al., 2021).

Based on the results of a preliminary study conducted in June 2022 by means of a documentation study of the 2021 Sectio Caesarea recapitulation data obtained from the Medical Records unit, the number of mothers who gave birth by Sectio Caesarea was 440 (78.3%) of the total number of births, namely as many as 562. Based on a preliminary study by looking at resume records of IMD implementation in baby rooms in June 2022, the data obtained in 2021 was 84% while in 2020 it was 87.1%. Based on the description and data above and considering that the achievement rate for Early Breastfeeding Initiation has not yet reached 100%, the researchers are interested in raising the theme of the effectiveness of education on the success of Early Breastfeeding Initiation among women giving birth by SC at YPK Mandiri Hospital in 2022.

IMPLEMENTATION AND METHODS

Suyani's research in Supriani et al. (2021) regarding the influence of Early Breastfeeding Initiation counseling on knowledge and motivation to carry out Early Breastfeeding Initiation in third trimester pregnant women at BPS Yuni Baerozi Sorowajan Sewon Bantul Yogyakarta found that the level of knowledge of third trimester pregnant women before being given counseling was in the sufficient category and after being given counseling included in the good category. It is important to carry out research on pregnant mothers' knowledge regarding Early Breastfeeding Initiation because mothers' knowledge regarding Early Breastfeeding Initiation is one of the important factors in the successful implementation of Early Breastfeeding Initiation, for this reason good information is needed so that mothers' knowledge about Early Breastfeeding Initiation is high and Initiation Early breastfeeding can be implemented (Supriani et al., 2021).

Quasi-experimental design with nonequivalent control group design. The sample in this study was all 40 women giving birth by SC at YPK Mandiri Hospital in November 2022. A total of 20 respondents were used as the control group (not given education) and 20 respondents were used as the intervention group (given education). The sampling technique is accidental sampling. The analytical method used is univariate and bivariate analysis with the Mann-Whitney Test.

RESULTS AND DISCUSSION

Tabel.1 Success of Early Breastfeeding Initiation in the Control Group at YPK Mandiri Hospital in 2022

Keberhasilan Inisiasi Menyusu Dini	n	%
Tidak berhasil	18	90
Berhasil	2	10
Total	20	100

Based on table 1 above, it can be seen that of the 20 respondents who were in the control group, only 2 people (10%) succeeded in early initiation of breastfeeding.

Tabel.2 Success of Early Breastfeeding Initiation in the Intervention Group at YPK Mandiri Hospital in 2022

Keberhasilan Inisiasi Menyusu Dini	n	%
Tidak berhasil	2	10
Berhasil	18	90
Total	20	100

Based on table 2 above, it can be seen that of the 20 respondents in the intervention group, 18 people (90%) succeeded in early initiation of breastfeeding.

Table.3 Average Success of Early Breastfeeding Initiation in Control Group and Intervention Group at YPK Mandiri Hospital in 2022

Keberhasilan Inisiasi Menyusu Dini	n	Me-an	Selisi h Mean	SD
Kelompok Kontrol	20	10		30,779
Kelompok Intervensi	20	90	80	30,779

Based on table 3 above, it can be seen that the average success rate for Early Breastfeeding Initiation in the control group was 10 and the average success rate for Early Breastfeeding Initiation in the intervention group was 90, so the difference in the average success rate was obtained. Early initiation of breastfeeding in the control group and intervention group was 80.

Table.4 Effectiveness of Education on the Success of Early Breastfeeding Initiation for Mothers Giving Birth by SC at YPK Mandiri Hospital in 2022

Kelompok	Keberhasilan Inisiasi Menyusu Dini		Mea-n Ran-k	Asymp. Sig. (2-tailed)
	Berh-asil	Tidak berha-sil		
Kontrol	2	18	12,5	0,000
Interven-si	18	2	28,5	

Based on table 4 above, the analysis results obtained are Asymp. Sig. (2-tailed) $0.000 < \alpha 0.05$, which means there is a difference in the success of Early Breastfeeding Initiation in the control group and the intervention group. This is supported by the average rank (mean rank) of the intervention group being higher than the control group, namely 28.5, which means that the intervention group that was given education had higher success in Early Breastfeeding Initiation than the control group. It can be concluded that Early Breastfeeding Initiation education is effective in increasing the success of Early Breastfeeding Initiation.

Success of Early Breastfeeding Initiation in the Control Group

From the research results, it can be seen that of the 20 respondents in the control group, the majority were unsuccessful in carrying out Early Breastfeeding Initiation, namely 18 people (90%) and only 2 people (10%) were successful in carrying out Early Breastfeeding Initiation. Early initiation of breastfeeding (IMD) is the beginning of breastfeeding within the first hour after the baby is born. Apart from that, IMD can also be interpreted as the way a baby breastfeeds for the first hour after birth using his own efforts, in other words breastfeeding, not being breastfed. This method is called The Breast Crawl or crawling to look for breasts (Roesli in Jayanti, 2019). The implementation of IMD is said to be successful if the duration of IMD is ≥ 60 minutes or the baby has passed all stages of IMD (Ministry of Health in Mastuti et al., 2017).

The results of this research are in line with the research of Fatmasari et al. (2020) who said that 8 respondents (80%) were not successful in IMD because the respondents were not educated. In line with the research above, research conducted by Indah (2022) said that of the 20 respondents who did not successfully carry out IMD, 13 people (92.9%) of respondents were not given IMD education. According to the researchers' assumptions based on the research results, it is known that the respondents who did not successfully initiate early breastfeeding were mostly primiparas. This is because primiparas do not have experience because the mother's experience in giving birth makes it easier for the mother to carry out Early Breastfeeding Initiation. Apart from that, this is also due to the lack of information about Early Breastfeeding Initiation which will affect a person's knowledge. If the mother's knowledge is good, the better the mother's actions will be in implementing Early Breastfeeding Initiation.

Success of Early Breastfeeding Initiation in the Intervention Group

From the research results, it can be seen that of the 20 respondents in the intervention group, the majority were successful in carrying out Early Breastfeeding Initiation, namely 18 people (90%) and only 2 people (10%) were unsuccessful in carrying out Early Breastfeeding Initiation. Education is part of communication, information and education (KIE) in health education which is provided more systematically (Maulana in Kunaepah, 2019). In relation to education, media is needed as a tool to increase knowledge and skills for health workers and the community, as it is known that teaching aids will be very helpful in health promotion so that health messages can be conveyed more clearly to the public so that they are targeted and the public can accept them. the message is clear and precise too (Notoatmodjo in Fatmasari et al., 2020).

The results of this research are in line with the research of Fatmasari et al. (2020) who said that all respondents who succeeded in carrying out IMD were because the respondents were given education, namely 15 people (100%). In line with the research above, research conducted by Indah (2022) stated that of the 12 respondents who successfully carried out IMD, 11 people (61.1%) of respondents were given IMD education. Based on the description above, the researcher's analysis shows that education can increase the success rate of Early Breastfeeding Initiation. The researcher believes that after providing education to respondents, it means that the respondents received something, most respondents were of productive age, all respondents had higher education, so that it was easier for respondents to accept the education provided by researchers, which in the end could increase knowledge in implementing Early Breastfeeding Initiation.

The Influence of Education on the Success of Early Breastfeeding Initiation in Women Giving Birth by CS

From the analysis results obtained Asymp. Sig. (2-tailed) $0.000 < \alpha 0.05$, which means there is a difference in the success of Early Breastfeeding Initiation in the control group and the intervention group. This is supported by the average rank (mean rank) of the intervention group being higher than the control group, namely 28.5, which means that the intervention group that was given education had higher success in Early Breastfeeding Initiation than the control group. It can be concluded that Early Breastfeeding Initiation education is effective in increasing the success of Early Breastfeeding Initiation. Education as a health promotion effort has an influence in increasing pregnant women's knowledge of the success of Early Breastfeeding Initiation. Correct Early Breastfeeding Initiation Education is one of the factors in a mother's success in breastfeeding her baby. Correct education by staff and carried out before the mother gives birth, especially for mothers with a Sectio Caesarea action plan, provides a great opportunity for successful breastfeeding for a mother (Indah, 2022).

The results of this research are in line with the research results of Fatmasari et al. (2020) who said that education has a significant effect on the success of IMD $p < 0.001 < 0.05$. The role of educational media provided in a planned manner and using pocket book media and flip sheets is one of the factors that influences the success of Early Breastfeeding Initiation at the Tamalanrea Jaya Community Health Center. In line with the research above, research conducted by Indah (2022) showed that there was an influence of IMD education on breastfeeding success where the p value was (0.006) with ($\alpha < 0.05$) so that the hypothesis failed to be rejected, meaning there was an influence of education on the success of IMD. The results of the analysis also showed that the Odd Ratio (OR) value was 20.43 (2.16-192.16), illustrating that those who received education had a tendency to experience success in their baby's IMD by 20.43 times compared to mothers who did not receive education.

So the researcher's analysis is that education plays an important role in increasing the success of Early Breastfeeding Initiation because education about Early Breastfeeding Initiation can change the mindset of respondents who previously did not know to know about the process and benefits of Early Breastfeeding Initiation, so that mothers will be more understanding and ready to carry out Early Breastfeeding Initiation.

CONCLUSIONS AND RECOMMENDATIONS

Based on the results of the research and discussion regarding the effectiveness of giving tamarind turmeric to reduce menstrual pain (dysmenoroe) in young women at MTs Al-Muqowamah, it can be concluded as follows: 1. The characteristic description of menstrual pain (dysmenoroe) in young women at MTs Al-Muqowamah before being given turmeric acid drink included severe pain (69%) and after the intervention included moderate pain (57.1%). 2.

Based on the results of a preliminary study conducted in June 2022 by means of a documentation study of the 2021 Sectio Caesarea recapitulation data obtained from the Medical Records unit, the number of mothers who gave birth by Sectio Caesarea was 440 (78.3%) of the total number of births, namely as many as 562. Based on a preliminary study by looking at resume records of IMD implementation in baby rooms in June 2022, the data obtained in 2021 was 84% while in 2020 it was 87.1%. Based on the description and data above and considering that the achievement rate for Early Breastfeeding Initiation has not yet reached 100%, the researchers are interested in raising the theme of the effectiveness of education on the success of Early Breastfeeding Initiation among women giving birth by SC at YPK Mandiri Hospital in 2022.

There is the effectiveness of giving turmeric acid to reduce menstrual pain (dysmenorrhoea) in young women at MTs Al-Muqowamah with a p value of 0.000. From the analysis results obtained Asymp. Sig. (2-tailed) $0.000 < \alpha 0.05$, which means there is a difference in the success of Early Breastfeeding Initiation in the control group and the intervention group. This is supported by the average rank (mean rank) of the intervention group being higher than the control group, namely 28.5, which means that the intervention group that was given education had higher success in Early Breastfeeding Initiation than the control group. The results of this research are in line with the research of Fatmasari et al. (2020) who said that 8 respondents (80%) were not successful in IMD because the respondents were not educated. In line with the research above, research conducted by Indah (2022) said that of the 20 respondents who did not successfully carry out IMD, 13 people (92.9%) of respondents were not given IMD education.

REFERENCES

- Achadyah et al. (2017). Hubungan Kecemasan dengan Pelaksanaan Inisiasi Menyusu Dini (IMD) pada Ibu Post Sectio Caesarea (SC) di Ruang Edelweis RSUD Jombang. *Midwife Journal*, 3 (2), Juli, 31-39. e-ISSN 2477-345X
- Badan Pusat Statistik RI. (2021). Indikator Kesejahteraan Rakyat. Jakarta: BPS RI.
- Dinas Kesehatan Provinsi DKI Jakarta. (2021). Profil Kesehatan Provinsi DKI Jakarta Tahun 2020. Jakarta: Dinkes Provinsi DKI Jakarta.
- Fatmasari et al. (2020). Pengaruh Edukasi Berbasis Buku Saku dan Lembar Balik terhadap Keberhasilan Inisiasi Menyusu Dini di Kota Makassar. *Jurnal Keperawatan Muhammadiyah Edisi Khusus 2020*, 107-113.
- Harahap et al. (2021). Hambatan Pelaksanaan Inisiasi Menyusu Dini pada Pasien Post Sectio Caesarea di Provinsi NTB. *Midwifery Journal*, 6 (1), Januari, 21-27. ISSN 2503-4340
- Indah. (2022). Pengaruh Edukasi Inisiasi Menyusu Dini pada Pasien Sectio Caesarea terhadap Keberhasilan Menyusui di RS Bayukarta Karawang. *Jurnal Bidang Ilmu Kesehatan*, 12 (3), September, 254-260. e-ISSN: 2622-948X
- Jayanti, Ira. (2019). Evidence Based dalam Praktek Kebidanan. Yogyakarta: Deepublish.
- Kemenkes. (2019). Panduan Orientasi Kader Posyandu. Jakarta: Direktorat Promosi Kesehatan dan Pemberdayaan Masyarakat Kementerian Kesehatan RI.

Kemenkes. (2021). Profil Kesehatan Indonesia Tahun 2020. Jakarta: Kemenkes RI.

Kemenkes. (2019). Berikan ASI untuk Tumbuh Kembang Optimal. Diakses 24 Mei 2022 <https://www.kemkes.go.id/article/view/19080800004/berikan-asi-untuk-tumbuh-kembang-optimal.html>

Kunaepah. (2019). Pengaruh Edukasi dengan Booklet terhadap Pelaksanaan Mobilisasi Dini pada Ibu Post Sectio Caesarea di RSUD Kabupaten Batang. Naskah Publikasi Skripsi Kebidanan Poltekkes Kemenkes Semarang.

Mastuti et al. (2017). Pengaruh Durasi dan Tahapan Pelaksanaan Inisiasi Menyusu Dini (IMD) terhadap Keberhasilan Pemberian ASI Eksklusif dalam 1 Bulan Pertama. *Majalah Kesehatan FKUB*, 4 (3), September, 149-157.

Selviyanti et al. (2022). Peningkatan Pengetahuan Ibu tentang Inisiasi Menyusu Dini (IMD) untuk Keberhasilan Memberikan ASI Eksklusif di Kabupaten Jember. *Journal of Community Development*, 3 (2), Desember, 224-232. e-ISSN. 2747-2760

Supriani et al. (2021). Penyuluhan dengan Media Video terhadap Peningkatan Pengetahuan Ibu Hamil Trimester III tentang Inisiasi Menyusu Dini. *Jurnal Ilmiah Kebidanan*, 9(2), 123-131. <https://doi.org/10.33992/jik.v9i2.1529> ISSN:.2721-8864 (Online)

WHO, UNICEF. (2021). Breastfeeding. Diakses 13 Juni 2022 dari <https://data.unicef.org/topic/nutrition/breastfeeding/#:~:text=Too%20few%20children%20benefit%20from%20recommended%20breastfeeding%20practices,healthy%20and%20accessible%2C%20no%20matter%20where%20they%20live>

WHO. (2021). Infant and young child feeding. Diakses 24 Mei 2022 dari <https://www.who.int/en/news-room/fact-sheets/detail/infant-and-young-child-feeding>