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Factors Affecting Midwives Knowledge About Early Initiation of Breastfeeding at Lut Tawar District Health Center of Central Aceh Regency in 2020

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ABSTRACT

Background: Data from the World Health Organization (WHO) shows that there are 170 million children worldwide experiencing malnutrition, 3 million of whom leave each year due to malnutrition. Therefore, WHO recommends, all infants need to receive colostrum (first and second day milk) to fight infection and exclusively breastfed for 6 months to ensure adequate nutrition for infants. This study aims to determine the factors that influence the knowledge of midwives about early initiation of breastfeeding in the working area of the Lut Tawar City Health Center, Central Aceh Regency in 2020. **Methods:** The research method used is an analytical survey method with a cross sectional approach. The population in this study were all midwives in the area. The city health center serves as many as 59 people. The sampling method uses a total sampling technique that uses all members of the population as a sample. Data collection was carried out on November 15-19, 2020. **Results:** The results showed that respondents aged > 40 years had good knowledge, namely 64.3%, respondents with DIII education had less knowledge, namely 56.8%, respondents who had never attended breastfeeding initiation training 69.6% respondents who did not often do early initiation of breastfeeding have good knowledge that is 63.9%, respondents who do not get information about early initiation of breastfeeding mostly lack of knowledge that is 58.1%. **Conclusion:** Factors that influence the knowledge of midwives on early initiation of breastfeeding are education and experience participating in training related to early initiation of breastfeeding.

1. Introduction

Human resource development is inseparable from health efforts, especially efforts to improve the health of mothers and babies, therefore human resource development must start early, namely when the fetus is still in the womb and early in its growth period. Thus, the health of newborns less than one month (neonatal) becomes very important because it will determine whether our future generations are in good health and quality and able to face the challenges of globalization.¹

The high infant mortality rate in the world can actually be avoided by giving breast milk. Although the direct causes of infant mortality are generally infectious diseases, such as acute respiratory infections, diarrhea and measles, the underlying cause of 54% of infant

deaths is malnutrition. Data from the World Health Organization (WHO) shows that there are 170 million children experiencing malnutrition worldwide, 3 million of whom leave each year due to malnutrition. Therefore, WHO recommends, all infants need to receive colostrum (first and second day of milk) to fight infection and exclusively breastfed for 6 months to ensure adequate nutrition for infants.²

Breastfeeding is important and healthy for both mother and baby, but only 29% of mothers breastfeed their babies immediately after birth. Most mothers do not know the benefits of first breastfeeding. Often they have incorrect understandings, for example, there is no need to suckle the baby because "the milk has not come

out" or because the first yellow milk that comes out is dirty or stale, mothers feel and need to rest first because they are too tired, reluctant to suckle because still feeling sick, thinks the baby needs to be bathed first.³

In Indonesia, currently the Infant Mortality Rate (IMR) is still very high, namely 35 per 1,000 live births, which means that every day 250 babies die and around 175,000 babies die before reaching the age of one year.⁴ Approximately 40% of deaths occur in the first month. Early Initiation of Breastfeeding can reduce infant mortality by 28 days. Exclusive breastfeeding for 6 months continued for up to 2 years with adequate complementary feeding at the age of 6 months can reduce overall child mortality.⁵

The results of SURKESNAS (National Health Survey) in 2007 showed that the percentage of breastfeeding in Indonesia for infants aged 0 months was 76.4%, 1 month 65.5%, 2 months 72.9%, 3 months 61.7%, 4 months 47.6%, 5 months 29.9% and 0-6 months 62.2%.¹ From several studies it is known that babies who are placed on their mother's chest after giving birth and let the newborn baby look for his mother's nipple, instinctively crawl to suckle from his mother's breast. It turns out that Early Initiation of Breastfeeding (IMD) is very good for child development, strengthens the relationship between mother and child, reduces bleeding and reduces the risk of newborn death.⁶

As it is known that, the need for information on breastfeeding, the circulation of misinformation about breastfeeding and the lack of trained personnel to be able to assist breastfeeding mothers are the main factors for the lack of breastfeeding rates in Indonesia, plus the incessant advertising of formula milk, so that health workers are needed including midwives who are trained, experienced and know the correct breastfeeding information.⁸⁻⁹

In early initiation of breastfeeding, midwives should provide health education to pregnant women about IMD, discuss with their families how it is implemented, and discuss the benefits of breastfeeding and support mothers to breastfeed. Provide midwifery care to clients during labor by carrying out midwifery care in accordance with the plans that have been drawn up,

one of the roles of the midwife.¹⁰

2. Methods

This research uses an analytical survey research method with a cross sectional approach, namely a study in which variables including influencing factors and effect variables are observed at the same time. To study the relationship between the influencing factors (independent variable) and the effect factor (dependent variable), how to collect data both the dependent variable and the independent variable simultaneously in a moment (*one point in time*) in the working area of the City Health Center, Lut Tawar District, Central Aceh Regency. In 2020, which was held on 15-19 November 2020.

The population in this study was all midwives in the working area of the City Health Center, Lut Tawar sub-district, Central Aceh Regency, as many as 59 people. Methods The sampling of this research was carried out by total sampling, namely in this study the researcher used all members of the population as samples in the Work Area of the City Health Center, Lut Tawar District, Central Aceh Regency in 2020.

Data collection includes primary data and secondary data, primary data is data taken by filling in the questionnaire given to midwives. Secondary data is data obtained from the results of data collection at the health center, namely the number of midwives in the working area of the city health center.

Data analysis in this study includes univariate analysis, data analysis is carried out by describing it descriptively to see the frequency distribution of the variables studied, both independent and dependent. For this analysis all tables are made in the form of a frequency distribution table and bivariate analysis is carried out to determine the relationship between the independent variable (independent) and the dependent variable (dependent). By using the Chi-Square test with SPSS (Statistical Product and Service Solution) program and decisions Hypothesis testing was based on a 95% significance level (significance) with a p value of <0.05.¹¹⁻¹⁶

3. Results

Univariate Analysis

Table 1. Results of univariate analysis of respondents based on characteristics

No.	Characteristics	Frequency	Percentage (%)
1	Midwife's knowledge		
	Good	32	54.2
	Poor	27	45.8
2.	Knowledge of Midwife about APN		
	High	26	41.3
	Medium	28	44.4
	Low	9	14.3
3.	Age of Midwife		
	40	45	76,3
	> 40	14	23.7
4	Education		
	DIII	44	74.6
	DIV	15	25.4
5	Training		
	Never	23	39
	Ever	36	61
6	Experience		
	Not Often	36	61
	Often	23	39
7	Information		
	None	43	72.9
	Yes	16	27,1
	TOTAL	59	100

The results of the univariate analysis based on the frequency distribution of respondents are described in the respondent distribution table below.

Table 1 above shows the results of the univariate analysis of the respondents' answers. The distribution of respondents is grouped based on predetermined characteristics.

Effect of age with IMD knowledge

Table 2 below shows the relationship between the age

The next test carried out in this study was bivariate analysis. The grouping of respondents is still done based on the previous characteristics. In this bivariate analysis, the relationship between research variables and midwives' knowledge about Early Breastfeeding Initiation (IMD) will be seen.

of the midwife and knowledge of IMD in the working area of the Lut Tawar District Health Center.

Table 2. The relationship between the age of the midwife and the knowledge of IMD

No.	Age	Midwife's knowledge of IMD				Total		P
		Less		Good		n	%	
		N	%	n	%			
1	≤ 40	22	48,9	23	51,1	45	100	0.578
2	> 40	5	35.7	9	64,3	14	100	
Total		27	45.8	32	54.2	59	100	

Based on table 2, based on the results of the analysis of age with good early initiation of breastfeeding, it was found that there were 23 (51.1%) respondents aged 40 years with good knowledge of early initiation of breastfeeding, while respondents aged > 40 years there were 9 (64.3%) respondents with good knowledge about early initiation of breastfeeding.

The results of statistical tests obtained P value = 0.578, it can be concluded that there is no difference in the proportion of knowledge of early initiation of breastfeeding between the age of midwives 40 and the age of midwives > 40 years (there is no significant relationship between age and knowledge of early initiation of breastfeeding).

The relationship between education and knowledge

Table 3 below, shows the relationship between education and the knowledge of midwives about IMD in

the working area of the Lut Tawar District Health Center of Central Aceh Regency.

Table 3. The relationship between age and knowledge IMD

No.	Education	Midwife's knowledge of IMD				Total		P
		Less		Good		n	%	
		N	%	n	%			
1	≤ DIII	25	56.8	19	43.2	44	100	0.009
2	≥ DIV	2	13.3	13	86,7	15	100	
	Total	87	45.8	32	54.2	59	100	

Based on table 3, the results of the analysis of the education of midwives with good early initiation of breastfeeding knowledge were found that there were 19 respondents (43.2%) education DIII knowledge about early initiation of breastfeeding good, while respondents with DIV education have good knowledge as many as 13 people (86.7%) midwife education about early initiation of breastfeeding is good. The results of

the statistical test obtained a value of P = 0.009, it can be concluded that there is a relationship between knowledge of early initiation of breastfeeding between midwife education DIII and midwife education DIV (there is a significant relationship between education and knowledge about early initiation of breastfeeding).

Relationship between training and midwives' knowledge about IMD

Table 4 below shows the relationship between training

and knowledge of midwives about IMD in the working area of the Lut Tawar District Health Center of Central Aceh Regency.

Table 4. Relationship between training with IMD Knowledge

No	Training	Midwife's knowledge of IMD				Total		P
		Less		Good		n	%	
		n	%	n	%			
1	Never	16	69.6	7	30.4	23	100	0.008
2	Never	11	30.6	25	86.7	36	100	
	Total	27	45.8	32	54.2	59	100	

Based on table 04, the results of the analysis of the training of midwives with early initiation of breastfeeding are lacking, it is found that there are as many as 16 respondents (69.6%) who have never attended training on early initiation of breastfeeding, while the respondents who had attended the training there were 11 respondents (30.6%) who lacked knowledge about early initiation of breastfeeding. The

results of statistical tests obtained P value = 0.008, it can be concluded that there is a relationship between knowledge of early initiation of breastfeeding between midwives who have never participated in training and those who have participated in training (there is a significant relationship between training and knowledge of early initiation of breastfeeding).

Relationship of experience with midwife's knowledge of IMD

the area of Midwives About IMD Work Lut Tawar District Health Center of Central Aceh Regency.

Table 5 Relationship with Knowledge experience in

Table 5. Relationship between experience and IMD knowledge

NO	Experience	Midwife's knowledge of IMD				n	%	P
		Less		Good				
		n	%	N	%			
1	Not often	13	36.1	23	63.9	36	100	0.111
2	Often	14	60.9	9	39.1	23	100	
Total		27	45.8	32	54.2	59	100	

Based on table 5, the results of the analysis of the experience of midwives with initiation good early breastfeeding, it was found that there were 23 (63.9%) respondents who did not often initiate early breastfeeding, while the experience of midwives who often did early initiation of breastfeeding were 9 respondents (39.1%) knowledge about early initiation of breastfeeding in the category good. The results of statistical tests obtained P value = 0.111, it can be

concluded that there is no difference in the proportion of knowledge of early initiation of breastfeeding between the experience of midwives who do not often initiate early breastfeeding and the experience of midwives who often initiate early breastfeeding (there is no significant relationship between experience and knowledge of early initiation of breastfeeding).

Relationship of information with the midwife's knowledge of IMD

Knowledge About IMD in regions Working Lut Tawar District Health Center of Central Aceh Regency.

Table 6 Relationship information Midwives

Table 6. Relationship of information with IMD knowledge

NO	Information	Midwife's knowledge of IMD				Total		P
		Less		Good		n	n%	
		n	%	N	%			
1	None	25	58.1	18	41.9	43	100	0.003
2	Yes	2	12.5	14	87.5	16	100	
Total		27	45.8	32	54.2	59	100	

Based on table 6, the results of the analysis of midwife information with Early initiation of breastfeeding was good, it was found that there were 18 respondents (41.9%) who did not receive information about good early initiation of breastfeeding, while midwives who received information were 14 respondents (87.5%) with good knowledge of early initiation of breastfeeding. The results of statistical tests

obtained a value of P = 0.003, it can be concluded that there is a difference in the proportion of knowledge of early initiation of breastfeeding between no information and no information (there is a significant relationship between information and knowledge of midwives about early initiation of breastfeeding).

4. Discussion

The effect of age on midwives' knowledge of IMD

The results showed that the results of the analysis of age

with early initiation of breastfeeding were good, it was found that there were 23 (51.1%) respondents aged 40 years with good knowledge of early initiation of breastfeeding, while

respondents aged > 40 years there are 9 (64.3%) respondents good knowledge about early initiation of breastfeeding. The results of statistical tests obtained P value = 0.578, it can be concluded that there is no difference in the proportion of knowledge of early initiation of breastfeeding between the age of midwives 40 and the age of midwives > 40 years (there is no significant relationship between age and knowledge of early initiation of breastfeeding).

The older a person gets, the more experience he has, and the more information and knowledge he has. An older person has more experience and is more informed than a younger person.¹⁷⁻¹⁸

According to previous researchers, with the development of new sciences, younger midwives are more aware of the latest information than midwifery services, this is because the midwife has just finished her education as a midwife, while older midwives may have never received the latest information because he has been completing his education longer. This is due to the limited ability to keep up with the latest developments in midwifery services.¹⁹

According to the researcher's analysis, age does not affect the knowledge of midwives about early initiation of breastfeeding, the results of the study are not in accordance with the theoretical statement above. This is because as time goes by, new knowledge and information are easily obtained. So that it does not distinguish between young and old age.

The effect of education with midwives' knowledge of IMD

The results showed that the results of the analysis of the education of midwives with good knowledge of early initiation of breastfeeding were found that there were 19 respondents (43.2%) education DIII knowledge about early initiation of breastfeeding was good, while respondents with education DIV were knowledgeable good as many as 13 people (86.7%) midwife education about early initiation of breastfeeding is good. The results of the statistical test obtained a value of P = 0.009, it can be concluded that there is a relationship between knowledge of early initiation of breastfeeding between midwife education DIII and midwife education DIV (there is a significant relationship between education and knowledge about early initiation of breastfeeding).

The results of this study are in accordance with the opinion expressed by Notoatmodjo, where education is a process to change people's behavior and will provide opportunities for individuals to find new ideas/values, education has an important role in determining a person's quality and knowledge.²⁰ Education is guiding people to do and fill their life that can be used to obtain information that can improve the quality of life. The higher a person's education, the easier it is to receive information.²¹

Relationship between training and knowledge of midwives about IMD

The results showed that the results of the analysis of the training of midwives with early initiation of breastfeeding were lacking, that there were 16 respondents (69.6%) who had never attended training on early initiation of breastfeeding, while respondents who had attended training there are 11 respondents (30.6%) lack of knowledge about early initiation of breastfeeding. The results of statistical tests obtained P value = 0.008, it can be concluded that there is a relationship between knowledge of early initiation of breastfeeding between midwives who have never participated in training and those who have participated in training (there is a significant relationship between training and knowledge of early initiation of breastfeeding).

Early initiation of breastfeeding training is an activity designed for health workers with material for early initiation of breastfeeding. Training is an individual experience that will find improvement in the way it works. To achieve a good career in a particular job following special training. One needs to specifically attend training in a way that enhances his/her duties. Training is an individual experience that will improve the quality of work and increase one's knowledge in mastering a particular field. Individuals who have never attended training, such as seminars, of course, have different levels of skills and knowledge from individuals who have attended training one to three times.²¹⁻²⁴

According to the results of previous research, midwives who have never attended specific training on early breastfeeding initiation, but whose knowledge can be categorized as sufficient, this can happen because it can be obtained from the results of seminars or information from both print and television media. The wider the information

received by the midwife, the more it can affect the level of knowledge it has.²⁵

According to the researcher's analysis, it shows that training affects the knowledge of midwives about early initiation of breastfeeding, where midwives who have attended early initiation of breastfeeding training have better knowledge.

The effect of experience with midwives' knowledge of IMD

The results showed that the results of the analysis of the experience of midwives with good early initiation of breastfeeding were obtained that there were 23 (63.9%) respondents who did not often initiate early breastfeeding, while the experience of midwives who often did initiation of breastfeeding there are 9 respondents (39.1%) knowledge about early initiation of breastfeeding with good category. The results of statistical tests obtained P value = 0.111, it can be concluded that there is no difference in the proportion of knowledge of early initiation of breastfeeding between the experience of midwives who do not often initiate early breastfeeding and the experience of midwives who often initiate early breastfeeding (there is no significant relationship between experience and knowledge of early initiation of breastfeeding).

Experience is a way to obtain the truth of knowledge or sources of knowledge, personal experience can be used to gain knowledge. This can be used by repeating problems encountered in the past. Therefore experience is often used as alertness for a person. Sukardi (2014) states, through experience, a person can have and master certain knowledge. Through experience, both individually and in community life. People can learn and have knowledge because they do, face life's problems and try to return to the benefits and uses of life.

According to the researcher's analysis, experience did not affect the midwives' knowledge about early initiation of breastfeeding. It could be that someone who does not often initiate early breastfeeding has good knowledge because of the more information he gets, either from the media or television. Likewise, someone who often initiates early breastfeeding is not all knowledgeable because the information obtained is lacking.²⁶

Effect of information on midwives knowledge about IMD

The results showed that the results of the analysis of information on midwives with good early initiation of breastfeeding were found that there were 18 respondents (41.9%) who did not receive information about good early initiation of breastfeeding, while midwives who received information there are 14 respondents (87.5%) knowledge about early initiation of breastfeeding with good category. The statistical test results obtained a value of P = 0.003, it can be concluded that there is a difference in the proportion of knowledge of early initiation of breastfeeding between no information and no information (there is a significant relationship between information and knowledge of midwives about early initiation of breastfeeding).

The results of this study are in accordance with what was stated by Tugiman (2006) information is a medium and means of communication such as newspapers, magazines, radio, television, posters and banners.

According to the researcher's analysis, information will affect the level of knowledge of midwives about early initiation of breastfeeding. The results of this study are in accordance with the theory stated above, where the more information the midwife gets, the better her knowledge.

5. Conclusion

Based on the results of the study, there was no significant relationship between the age and experience of the midwife and the knowledge of early initiation of breastfeeding. There is a significant relationship between education and information received by midwives with knowledge about early initiation of breastfeeding.

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