

Analysis of Correlation between Family Support, Information Support and Availability Breastfeeding Facilities at Workplace with Exclusive Breastfeeding Behavior on Working Mother

Rina Faidah Nurani¹, Ernawaty², Tira Hamdillah Skripsa³

Postgraduate Student at Magister of Health Administration and Policy, Faculty of Public Health, Airlangga University^{1,3}, Department of Health Administration and Policy, Faculty of Public Health, Airlangga University²

Email: rina.faidah.nurani-2016@fkm.unair.ac.id¹, ernawaty@fkm.unair.ac.id², tira.hamdillah.skripsa-2016@fkm.unair.ac.id³

Abstract- Exclusive breast feeding is one of its efforts to lower infant mortality and improve the nutritional status of the public. Malnutrition can be prevented by breast feeding optimally on the first two years of life. The WHO recommends exclusive breastfeeding to infants up to the age of six months. This research aims to provide an overview of the strategic issues of the cause of the low performance of exclusive breastfeeding on working mothers through the analysis of the correlation between family support, information support, and availability breastfeeding facilities at workplace with exclusive breastfeeding behavior on working mother. Researcher took samples of as many as 100 people with criteria of mothers who have children aged 6-36 months, working in the area of the Kediri Regency, East Java, Indonesia. The results of this study are obtained: there is a significant correlation between family support (husband, mother or mother-in-law, informations about exclusive breastfeeding also facilities at workplace with breastfeeding in working mother. From the result, this research can be concluded that working mother who receive good family support, information and breastfeeding facilities at work place has a greater likelihood of giving an exclusive breastfeeding action.

Keywords: Family support, breastfeeding, worker mother.

1. INTRODUCTION

Exclusive breast feeding is one of the efforts to lower infant mortality and improve the nutritional status of the public. One of the indicators of nutritional status of communities is malnutrition. Malnutrition can disturb the right of the child to acquire the balance of life. Malnutrition include stunting, wasting, overweight and obesity. In the world, about 155 million children under five years old suffer from stunting in 2016 and about 56% of them are from Asia ^[1]. Malnutrition can be prevented by breast feeding optimally on the first two years of life. World Health Organization (WHO) recommends exclusive breast feeding to infants up to the age of six months. Breastfeeding has a significant role in improving nutrition, education, and maternal and child health ^[2]. Exclusive breastfeeding is defined as giving breast milk only not other food or drink, not even water for the baby first six months.

In Indonesia, according to the Indonesian Health Profile in 2015 the exclusive breast feeding in the year 2015 is about 55,7% is far below the national target of 80% (Pusdatin Kemenkes 2015). The importance of exclusive breast feeding does not offset the trend of maternal behavior in giving exclusive breastfeeding especially on working mother. Working mother in this

research is defined as a mother who works outside her house of and get income. Breast feeding exclusively on Working Mother based on preliminary survey in the Kediri Regency, from 20 working mother who have children aged 6-36 months old only 20% of them. The preliminary study is in line with previous research in China that returning to work is the main reason that caused the mothers stop breastfeeding before the 6 month old baby ^[3]. Mothers who work with flexible work schedule and the lactation room is easily accessible has significant influence to the duration of breastfeeding ^[4]. Study in Malaysia had found factors that influence the behavior of exclusive breast feeding between working mother and the influence of father-in-law's care and support from the husband ^[5]. Another study in Indonesia expresses that the support of the family is the dominant factor in the success of exclusive breastfeeding. The mother who got family support could provide exclusive breastfeeding 3.5 times than mother who lack of family support ^[6]. Family support can significantly influence the behavior of nursing on working mothers or not.

Although there have been many previous studies about the factors that affect the behavior of exclusive breast feeding, but only few that focus on working

mother. This research is indispensable, especially for Health Institutions and policy makers to obtain strategic issues regarding the cause of the low level behavior of exclusive breast feeding primarily on the working mom, so that a given intervention is right on target.

This research aims to provide an overview of the strategic issues of the cause of the low performance of exclusive breastfeeding on working mothers through the analysis of the correlation between family support, information support, and availability breastfeeding facilities at workplace with exclusive breastfeeding behavior on working mother.

2. RESEARCH METHOD

The research design is a descriptive research with quantitative approach. The research flow consists of data collection and data analysis. The data was collected using the questionnaire given to 100 Working Mother in Kediri Regency who have children aged 6 to 36 month.

2.1. Data Collection

2.1.1. Data Type

The data used in this research are the primary data. The researcher collects the primary data from the working mother in Kediri Regency who have children aged 6 to 36 months old.

2.1.2. Population and Sample

The population in this research have not actually amount. Researchers took samples of as many as 100 people with criteria of mothers who have children aged 6-36 months old, working in the area of the Kediri Regency, East Java, Indonesia.

2.2. Data Analysis

In this study there were four independent variables and the dependent variable one. The independent variables consisted of the husband's support, the support of mother or father-in-law, informational support as well as support facilities in the workplace. The husband's support as measured by a questionnaire consisting of 10 questions which includes support of emotion, physical and material. While the questionnaire to gauge the support of mother or father-in-law consists of 8 questions that include physical and emotional support. Questionnaire support information consists of 10 types of information about breastfeeding obtained by the respondent. While the support facilities available labor consisted of 6 questions that include the flexibility of working hours and the availability of infrastructure and facilities (lactation's corner).

All the independent variables were measured and categorized into support of the husband and mother or mother-in-law as well as information that is categorized into three types. They are the good, moderate and less support. The support of the breastfeeding facilities are divided into two categories (good and less). The dependent variable is exclusive breast feeding behavior are divided into two categories (Yes and no). Data analysis on this research using Chi Square statistical analysis.

3. RESULT

Research conducted on 100 working mother who have children aged 6-36 months old. Characteristics of the respondents can be seen in table 1.

Tabel 1 Characteristics of Respondent

Variables	N	%
Age		
< 20 years old	2	2
20 – 35 years old	82	82
>35 years old	16	16
Education		
Junior High School	6	6
Senior High School	28	28
Bachelor Degree	66	66
Job Status		
Civil Servant	29	29
Employee	41	41
Entrepreneur	8	8
Trader	3	3
Labour	19	19
Workplace		
Indoor	85	85
Outdoor	15	15
Domicile		
With mother or mother in-law	71	71
Without mother or mother in-law	29	29
Income		
< Rp 1,700,000,00	38	38
Rp 1,700,000,00 – Rp 3,000,000,00	33	33
>Rp 3,000,000,00	29	29
Exclusive Breastfeeding 0-6 months old		
Yes	49	49
No	51	51

Table 1 shows that the age of the most reponden in 20-35 with the percentage of 82%. Education respondents most is Bachelor Degree with high percentage of 66%, with the status of a job is the most private employees. The workplace respondents most in door with a

percentage of 85% and more of the respondents lived with mother or mother-in-law with a percentage of 71%. The last, most respondent's income is < Rp 1,7 million . Respondents who don't do exclusive breastfeeding more 51% .

Table 2 Correlation Between Husband Support with Exclusive Breastfeeding Behavior

Husband Support	Breastfeeding				Sig	Value
	No		Yes			
	N	%	N	%		
Less	19	32.2	2	4.9	0,001	0,313
Quite	40	67.8	39	95.1		
Total	59	100.0	41	100.0		

Table 2 shows the correlation between exclusive breastfeeding husband with support. Test result statistics the sig show $0.001 < 0.05$; value=0.313 meaning husband support has a significant correlation with exclusive breastfeeding behavior

Table 3 shows the correlation between the support mother or mother-in-law with exclusive breastfeeding. Test result statistics show sig $0,000 < 0,05$; value=0,448, meaning support from mother or mother-in-law has a significant correlation with exclusive breastfeeding behavior.

Tabel 3 Correlation between Mother or mother In-Law Support with Exclusive Breastfeeding Behavior

Family Support (Mother or mother In-law)	Breastfeeding				Sig	Value
	No		Yes			
	N	%	N	%		
Less	29	32.2	1	2.4	0,000	0,448
Moderate	8	13.6	10	24.4		
Good	22	37.3	30	73.2		
Total	59	100	41	100		

Table 4 Correlation between Information Support and Exclusive Breastfeeding Behavior

Information	Breastfeeding				Sig	Value
	No		Yes			
	N	%	N	%		
Less	1	2,4	17	28.8	0,000	0,395
Moderate	2	4,9	11	18.6		
Good	38	92,7	31	52.5		
Total	59	100	41	100		

Table 4 indicates that the information about breastfeeding has a significant correlation with the

exclusive breastfeeding behavior with significancy statistical test $0,001 < 0.05$; value=0.395.

Tabel 5 Correlation Between Breastfeeding facilities at Workplace with Exclusive Breastfeeding Behavior

Workplace	Breastfeeding				Sig	Value
	Yes		No			
	N	%	N	%		
Less	19	46.3	42	71.2	0.012	0.243
Good	22	53.7	17	28.8		
Total	41	100	59	100		

Table 5 shows workplace support has a significant correlation with exclusive breastfeeding Behavior that supported by significancy statistical test of $0.012 < 0.05$; value=0.243.

4. DISCUSSION

Correlations Between Husband Support with Exclusive Breastfeeding Behavior

Husband is the person closest to the mother th have big role in his wife pregnancy. The data of husband's support was obtained from 10 questions in questionnaire that were divided into less, moderate, and good. The results of this research indicate that the husband support related to exclusive breastfeeding. Working mother who get support from the husband likely has a greater chance in giving exclusive breastfeeding that can be seen in statistical analysis with p value = 0.313.

The husband had a larger role in the success of exclusive breastfeeding by supporting the working mother both materially and emotionally. Emotional support consist of attitudes and behaviors that can lead the mother to feel comfortable, calm, and get compassion from the family.^[7] Forms of material support such as assist with homework, providing breastfeeding equipment and asisist the storage of breastmilk.

The research is also in line with research conducted by Hasanah (2015), regarding the initiation of early breastfeeding and husband support has a significant influence with breastfeeding behavior on infants 6 to 12 months old.^[8]

Correlations Between Mother or Mother-In-Law Support with Exclusive Breastfeeding Behavior

In addition, the people who closest with the mother is mother or mother-in-law. The results shows that the mother or mother-in-law support related to sustainability of exclusive breastfeeding. Kediri Regency is an area with the rural demographic

conditions. 30 Respondents have good and moderate support of mother or mother-in-law, while there are 29 respondents have less support.

Mothers who get support and advice from his family will be more driven to do exclusive breastfeeding than mothers who did not receive advice from his family. Theoretically the advice and information from families affect the behavior of the mother in doing exclusive breastfeeding.^[9] Support from mother or mother-in-law such as always reminded to eat nutritious meals, helping keep pumping equipment, no feeding babies with Breastfeeding Foods Complement, also cooked vegetables for mother.

Usually mother or mother-in-law who have less knowledge encourages mom to feeding infants aged less than 6 months with the Breast Feedings Food Complement like porridge, bananas, milk and infant formula this is because of the assumption that baby crying because of hunger even though it has breastfeeding.^[10]

Correlations Between Information Support with Exclusive Breastfeeding Behavior

Based on this research indicates that information is related to exclusive breastfeeding. Mothers who have information about exclusive breastfeeding have greater chance to give exclusive breastfeeding, this can be seen statistically p value = 0.395.

That was in accordance with research from Rachmaniah (2014) that shows the correlation between mother's knowledge with exclusive breast feeding. In that study was known the number of mothers most has bad knowledge where 87.23% did not give exclusive breast feeding.^[11] Notoatmojo (2003) suggests that there are three factors that influence knowledge that is predisposing, enabling, and strengthening factors. Predisposing factors include community knowledge and attitudes toward health, tradition, and public confidence in matters relating to health, community values, educational level, socioeconomic level. Also reinforced by the behavior of health workers as a boosting factor of exclusive breastfeeding.^[12]

Correlations Between Breastfeeding Facilities at Workplace with Exclusive Breastfeeding Behavior

Based on this research indicates that support in the workplace is related to exclusive breastfeeding action. Mothers who get support in the workplace have no effect in giving exclusive breast feeding, that shows by statistical test $0.012 < 0.05$ with p value 0.243. That was not similar to the research done by Setyowati and Dyah (2009) with the result that there was no correlation between proper support and

exclusive giving. Factors affecting exclusive breast feeding were the attitudes of workplace regulations and appropriate means of work.^[13]

Based on the Government Regulation of the Republic of Indonesia No.33 of 2012 about exclusive breastfeeding, workplace and the organizers of public facilities should provide special facilities for breastfeeding in accordance with the conditions of company ability. With regard to working mothers with babies, governments have policies and strategies to encourage companies to support exclusive breastfeeding of worker mother by providing facilities that support improved breast-feeding in the workplace.

5. CONCLUSION

Based on the results of this study, the following conclusions are obtained: there is a significant correlation between family support (husband, mother or mother in-law, information given about exclusive breastfeeding, and breastfeeding facilities at workplace working mother. Working mother who receive good family support, information and breastfeeding facilities at work place has a greater possibility of giving an exclusive breastfeeding to her child.

From the results above, hopefully it can be a material support for health services further enhanced for knowledge about exclusive breastfeeding to the community so that exclusive breastfeeding can be achieved because there are several workplaces that don't give support about that matter. For some Institution or company of working mother is suggested to coordinate with them to provide breastfeeding facilities and support from government policy about the existence of lactation room in the company. The company that working mother's will participate to support lactation activity.

Acknowledgements

We are grateful for the respondent of this research for their time and contributions.

REFERENCES

- [1] UNICEF, WHO, World Bank Group. (2017): Levels and Trends in Child Malnutrition, Joint Child Malnutrition Estimates. <https://data.unicef.org/wp-content/uploads/2017/05/JME-2017-brochure-1.pdf>, pp. Accessed May 6, 2017.
- [2] CG, Victora; et al. (2016): Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect. *Lancet*, 387(4), pp. 75-90.
- [3] L, Gao L; K.,Sun and S., Chan (2014): Social Support and Parenting Self-Efficacy among Chinese woman in the Perinatal Period. *Midwifery*, 30(5), pp. 532-538.

- [4] Rozga; Kerver and Olson (2015): Self-reported reason for Breastfeeding cessation Among Low-Income Woman Enrolled in a Peer Counseling Breastfeeding Support Program. *Journal of Human Lactation*, 31(1), pp. 189-190.
- [5] Tan, K.L. (2011): Factors Associated with Exclusive Breastfeeding Among Infants Under Six Months of Age in Peninsular Malaysia. *International Breastfeeding Journal*, 6(1), pp. 2.
- [6] Ramadani, Mery (2017): Family Support as a Dominan Factor of Exclusive Breastfeeding Successfully. *Jurnal MKM*, 13(1), pp. 34-41.
- [7] Rahmawati, Aulia. (2017): Husband Support of giving an exclusive breastfeeding action for the baby 6-12 months old. *Jurnal Promkes*, 05(1),pp.25-35
- [8] Hasanah, Ika P. (2015): Early Breastfeeding and Husband Support on Exclusive Breastfeeding History of Infants 6 to 12 Months. *Media Gizi Indonesia*, 10(1),pp.44-50
- [9] Oktalina, Ona. (2015). Corelation of Husband Support and Family Support with Giving Exclusive Breastfeeding on Mother as a Member of Breasfeeding Supporting Group. *Media Gizi Indonesia* 10(1),pp.64-70
- [10] Sulistiyowati, Tutik. (2014): Working Mother Behavior in Providing Exclusive Breastfeeding at Japanan Village Teritory of Kemlagi Premary Care Mojokerto. *Jurnal Promkes*, 2(1), pp. 89-100
- [11] Rachmaniah N (2014): *Skripsi*. Correlation Mother's Level of Knowladge of Breastfeeding with Exclusive Breastfeeding Behavior. Surakarta.
- [12] Notoatmojo, S. (2003). *Ilmu Kesehatan Masyarakat*. Jakarta: PT Rineka Cipta.
- [13] Dyah (2009): *Skripsi*. Quantitative Modeling for Precition Determinats Analysis of Exclusive Breastfeeding Mothers at Work at Institutions of Jenderal Soedirman University. Purwokerto