

## **Analysis Of Mother's Knowledge And Stress Level With Giving Exclusive Breastfeeding**

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### **ABSTRACT**

Breastfeeding (ASI) for newborns is an effort to prevent death and malnutrition in infants and toddlers. In general, the ideal breastfeeding is given exclusively for the first 6 months of life then continued with complementary foods until the age of 2 years. Some of the benefits of exclusive breastfeeding can prevent postpartum hemorrhage, anemia, and breast carcinoma. This journal search is conducted electronically and online using one database, namely the Google Scholar from 2015-2020 combining the following keywords: Stress with exclusive breastfeeding (Google Scholar), Knowledge with Exclusive Breastfeeding (Google Scholar) The inclusion criteria for journals have the same variables as research, the journals used are journals for the last 5 years which have 30-200 respondents from Indonesia. Based on the journals that have been reviewed, it is found that from the six journals there is a proven relationship between knowledge and stress levels with exclusive breastfeeding. This is evidenced from the results of previous research. So, Mother's Knowledge and Stress Level influence exclusive breastfeeding. The aim of the researcher on the Analysis of Mother's Knowledge and Stress Level by giving exclusive breastfeeding is to analyze the mother's knowledge level, to analyze the mother's stress level, to analyze the giving of exclusive breastfeeding, to analyze the knowledge and the level of mother's stress by giving exclusive breastfeeding.

**Keywords:** Exclusive Breastfeeding, Knowledge, Stress Level

### **INTRODUCTION**

Providing breast milk (ASI) to newborn babies is an effort to prevent death and malnutrition problems in babies and toddlers. The World Health Organization (WHO, 2010) recommends that newborn babies be given breast milk until the age of 6 months without giving food or other fluids, except for vitamins, minerals and medicines that have been permitted for medical reasons. According to the United Nations Children's Fund (UNICEF, 2011), as many as 30,000 infant deaths in Indonesia and 10 million under-five deaths in the world each year can be prevented through exclusive breastfeeding.

According to (WHO et al., 2015), around 15% of the total deaths of children under five years of age in developing countries are caused by non-exclusive breastfeeding. Various problems of undernutrition and overnutrition also arise as a result of giving food before the baby is 6 months old (Ariani et al., 2016). Lack of knowledge among breastfeeding mothers regarding the importance of exclusive breastfeeding. The target of 80% coverage of exclusive breastfeeding in Indonesia is still very far from reality. Exclusive breastfeeding is the best investment for children's health and intelligence (MOH RI, 2017). The benefits of exclusive breastfeeding are in accordance with one of the goals of the Sustainable Development Goals (SDGs), namely reducing child mortality rates and improving maternal health.

Data obtained from (Department of health RI, 2017) shows that the percentage of breastfeeding has increased from 2016 (75.7%). However, overall it has not met the set target, namely, 77%. Through data from the East Java Health Service, 2017 it is known that the prevalence of exclusive breastfeeding is lowest in Bangkalan Regency, namely, 55.2%. This coverage is still very low compared to the target for a healthy Indonesia of 80% (Department of health RI, 2017).

The mother's knowledge about breastfeeding or giving good breast milk will influence the mother in knowing the benefits or importance of the mother giving breast milk to her baby. A high level of knowledge also determines whether it is easy for the mother to understand and absorb information about exclusive breastfeeding. The higher the mother's knowledge, the higher the ability to absorb information about exclusive breastfeeding (Siregar, 2014)

Based on the problems above, researchers are interested in conducting research on the analysis of knowledge and stress levels of mothers who provide exclusive breastfeeding with the aim of finding out the knowledge and stress levels of mothers who provide exclusive breast milk. The specific objectives are as follows:

1. Analyzing the mother's level of knowledge
2. Analyzing the mother's stress levels
3. Analyzing gifts Exclusive Breastfeeding
4. Analyzing Knowledge and Stress Levels of Mothers with giving Exclusive Breastfeeding.

## **METHODS**

In this literature study research, researchers used at least 1 academic database from Google Scholar. Search results were limited to 2015 to 2020 and manually selected articles that were relevant or in accordance with the research question. Articles that meet the Inclusion Criteria are 6

Problem: Exclusive breastfeeding.

The keywords used in the literature search are a combination of keywords as follows: Stress with exclusive breastfeeding (Google Scholar), Knowledge with exclusive breastfeeding (Google Scholar)

## **RESULT**

In this chapter, the results and discussion of the 2015 - 2020 journals that researchers have accessed according to research problems will be presented. These results will present the relationship between knowledge and maternal stress levels with giving exclusive breastfeeding.

Based on the results of research on the relationship between knowledge and family support regarding exclusive breastfeeding and giving exclusive breast milk (Elliana, 2018), the research results show that the majority of respondents' knowledge is sufficient, 51.1%, but of the respondents whose knowledge is sufficient, all of them do not provide exclusive breast milk, 51.1%, while their knowledge is good as many as 25.5%, however, those who do not provide exclusive breastfeeding are 23.4%. There is a relationship between knowledge and exclusive breastfeeding as proven by the results of the Multiple Logistic Regression Test, P-Value  $0.016 < 0.05$ . (Elliana, 2018) in her research stated her assumption that the lack of knowledge was caused by a lack of information received about exclusive breastfeeding and some respondents thought that giving formula milk was exclusive breastfeeding, in addition to the mother's ignorance about how to store breast milk and give breast milk that had already been given. Milking causes mothers to prefer giving formula milk.

Based on the results of research on the relationship between knowledge, attitudes and support of work units/departments with the provision of exclusive breast milk (Ariani et al., 2016), the research results show that the average knowledge score of respondents who do not

provide exclusive breast milk is 61.53, while the average The average knowledge score of respondents who provide exclusive breastfeeding is 73.07. There is a nutritional relationship between knowledge and exclusive breastfeeding as evidenced by the results of the Chi-Square P-Value test of  $0.013 < 0.05$ . (Ariani et al., 2016) in his research stated that his assumption of knowledge through exclusive breastfeeding is in accordance with the theory issued by Notoatmojo 2012, that knowledge is the most important domain for the formation of a person's actions. Behavior that is based on knowledge will be more enduring than behavior that is not based on knowledge.

Based on the results of research on the level of knowledge and motivation of mothers related to providing exclusive breastfeeding to working mothers (Listyaningrum & Vidayanti, 2016), the research results show that based on the data above, the majority of respondents' knowledge is good, 51.3%, but all of the respondents who have sufficient knowledge do not provide as much exclusive breastfeeding. 16.2%,. There is a relationship between the level of knowledge and the provision of exclusive breastfeeding to working mothers, proven by the results of the Fisher's Exact Test P-Value  $0.022 < 0.05$ . (Listyaningrum & Vidayanti, 2016) in their research stated that the assumption was that the majority of respondents were in the secondary education category, most of the mothers were in the multiparous parity category. The level of mother's knowledge about exclusive breastfeeding is greater among respondents with good knowledge than respondents with less knowledge. Good knowledge of exclusive breastfeeding can provide motivation to provide exclusive breastfeeding to your baby.

Based on the results of research on the stress level of breastfeeding mothers and giving breast milk in the first month (Ulfa & Setyaningsih, 2020), it was stated that a small percentage of respondents experienced mild stress, 25% and 25% severe stress, but of the respondents who experienced mild to severe stress, many respondents did not provide breast milk. in the first month each is 10% for mild stress and 10% for severe stress. There is a relationship between the Stress Level of Breastfeeding Mothers and Breastfeeding in the First Month as proven by the results of the Chi Square P-Value Test of  $0.041 < 0.05$ . (Ulfa & Setyaningsih, 2020) in their research stated their assumption that the stress experienced occurs because the mother feels unable to complete the tasks that must be done, for example breastfeeding, caring for the baby, communicating with the baby, resting, and others. Mothers feel that their condition improves if they feel they can overcome their problems compared to other people. If this condition is not resolved, new problems can arise and pile up, thereby increasing the pressure (stressor) for the mother

Based on the results of research on the relationship between social support and stress levels on the continuity of exclusive breastfeeding (Elsanti & Isnaini, 2018), the research results show that almost all respondents experienced moderate stress, but 95.7% of respondents experienced moderate stress, 11.4% of respondents who did not provide exclusive breastfeeding. %, while 2.8% of respondents who experienced severe stress did not provide exclusive breastfeeding. There is a relationship between stress and the continuity of exclusive breastfeeding as evidenced by the results of the Chi Square P-Value test of  $0.028 < 0.05$ . (Elsanti & Isnaini, 2018) in their research stated their assumption that mothers who experience moderate stress are due to several factors, namely: knowledge, socio-economic factors, anxiety and fatigue. Nursing mothers who experience moderate stress and are successful in providing exclusive breastfeeding due to the mother's motivation will increase the mother's efforts to increase her breast milk production. The motivation that mothers get can be obtained from various sources, whether from themselves, family, the environment, health workers, or information related to the smooth production of breast milk.

Based on the results of research on the relationship between stress and the smoothness of breast milk (Rizki Amalia, 2016), the results of his research stated that the majority of respondents experienced stress as much as 62.5%, but the majority of respondents' breast milk

production was not smooth, as much as 54.17%. There is a relationship between stress and smooth breastfeeding as evidenced by the results of the Chi Square Test  $P < 0.05$  (0.628 > 0.409). (Rizki Amalia, 2016) in his research stated his assumption that the discomfort caused by physical changes felt by postpartum mothers on the first to second day, for example, a feeling of nausea due to the uterus contracting to return to its original state, swollen breasts, pain from stitches. Feeling guilty for not being able to breastfeed the baby. This feeling of discomfort causes stress in the mother

## DISCUSSION

### 1. Analysis of maternal stress with giving exclusive breastfeeding

Based on the results of research on stress analysis literature with exclusive breastfeeding. Obtaining results from 3 journals regarding Stress and Exclusive Breastfeeding, the results of all journals stated that there was a relationship between Stress and giving exclusive breastfeeding.

Breast milk production is greatly influenced by psychological factors (Salamah & Prasetya, 2019). Postpartum stress conditions are experienced by 80% of women after giving birth. Feelings of sadness or irritability that hit the mother arise within a period of two days to two weeks after delivery (Danuatmaja and Meiliasari, 2015). The condition of a mother who is easily anxious and stressed can disrupt lactation so that it can affect breast milk production. This is because stress can inhibit breast milk production (Kodrat in Arisdiani & PH, 2016). The higher the level of emotional disturbance, the less stimulation the prolactin hormone is given to produce breast milk (Salamah & Prasetya, 2019).

Based on the results of the three journals (Ulfa & Setyaningsih, 2020) (Elsanti & Isnaini, 2018) (Rizki Amalia, 2016) it can be concluded that stress is one of the factors that can influence breastfeeding, for example mothers experience difficulties at the beginning of breastfeeding such as fatigue, breast milk small amounts, sore nipples, and disturbed sleep at night resulting in stress. discomfort from physical changes felt by postpartum mothers on the first to second day, for example a feeling of nausea due to the uterus contracting to return to its original state, swollen breasts, pain from stitches. Feeling guilty for not being able to breastfeed the baby. This feeling of discomfort causes stress in the mother. Stress can affect breast milk production because it inhibits the release of breast milk and will ultimately result in breastfeeding, mothers also tend to think about themselves and feel like they are carrying a heavy burden, mothers are reluctant to breastfeed their babies, mothers prefer to give bottle milk to their babies. Difficulty adjusting to roles after childbirth, if appropriate treatment is not immediately carried out, can have an impact on the health and well-being of the mother and baby. In the few days after delivery until the first month, breastfeeding problems are often experienced due to physiological adaptations after delivery. This condition is often experienced by mothers, especially when breastfeeding their children. The stress experienced occurs because the mother feels unable to complete the tasks that must be done, for example breastfeeding, caring for the baby, communicating with the baby, resting, and others. Mothers feel that their condition improves if they feel they can overcome their problems compared to other people. If this condition is not resolved, new problems can arise and pile up, thereby increasing the pressure (stressor) for the mother. Mothers who experience moderate stress are caused by several factors, namely: knowledge, socio-economic factors, anxiety and fatigue. Mothers who experience moderate stress and are successful in providing exclusive breastfeeding due to the mother's motivation will increase the mother's efforts to increase her breast milk production. Motivation that mothers get can be obtained from various sources, whether from themselves, family, the environment, health workers, or information related to information about smooth breast milk production.

### 2. Knowledge Analysis with exclusive breastfeeding

Based on the results of literature study research, knowledge analysis regarding the provision of exclusive breast milk. Obtaining results from 3 journals regarding knowledge and exclusive breastfeeding. Obtaining results from all journals stated that there was a relationship between knowledge and exclusive breastfeeding.

The mother's knowledge about breastfeeding or providing good breast milk will influence the mother in knowing the benefits or importance of the mother giving breast milk to her baby (Haryati, 2017). A high level of knowledge also determines whether it is easy for the mother to understand and absorb information about exclusive breastfeeding. The higher the mother's knowledge, the higher the ability to absorb information about exclusive breastfeeding (Siregar, 2014).

Based on the results of all research journals (Elliana, 2018), (Ariani et al., 2016), (Listyaningrum & Vidayanti, 2016) concluded that in providing exclusive breast milk this is due to the low understanding of mothers, families and society regarding the importance of breast milk for babies resulting in The exclusive breastfeeding program is not running optimally. The low level of understanding about exclusive breastfeeding is due to the lack of information or knowledge possessed by mothers regarding all the nutritional value and benefits contained in breast milk. A mother who has a higher level of education is likely to have broader knowledge and insight, including knowledge and insight into the issue of providing good nutrition for her baby or toddler. Insufficient knowledge is caused by the lack of information received about exclusive breastfeeding. Most respondents think that giving formula milk is exclusive breastfeeding, apart from that, mothers' ignorance about how to store breast milk and giving breast milk that has been expressed causes mothers to prefer giving formula milk. Knowledge is the most important domain for the formation of a person's actions. Behavior that is based on knowledge will be more enduring than behavior that is not based on knowledge.

### 3. Analysis of Knowledge and Stress Levels of Mothers with Exclusive Breastfeeding.

Based on the results of research on the relationship between stress and exclusive breastfeeding. Obtaining results from 3 journals regarding Stress and Exclusive Breastfeeding, the results of all journals stated that there was a relationship between Stress and exclusive breastfeeding. Meanwhile, the results of the literature study show the relationship between knowledge and exclusive breastfeeding. Obtaining results from 3 journals regarding knowledge and exclusive breastfeeding. Obtaining results from all journals stated that there was a relationship between knowledge and exclusive breastfeeding.

Breast milk production is greatly influenced by psychological factors. Mothers who experience emotional disturbances can disrupt the letdown reflex process which results in breast milk not coming out, so that the baby does not get enough breast milk and the baby will continue to cry. A baby's crying also makes the mother anxious and disrupts the letdown reflex process. The more stressed the mother feels because the baby is crying, the less breast milk she produces (Roesli, 2012). Apart from that, the mother's knowledge about breastfeeding or giving good breast milk will influence the mother in knowing the benefits or importance of the mother giving breast milk to her baby (Haryati, 2017). A high level of knowledge also determines whether it is easy for the mother to understand and absorb information about exclusive breastfeeding. The higher the mother's knowledge, the higher the ability to absorb information about exclusive breastfeeding (Siregar, 2014).

Based on the discussion above, stress and knowledge greatly influence the process of giving breast milk to children. This is because with insufficient knowledge, mothers will think that breast milk is not very important, so mothers tend not to pay attention to the timing of breastfeeding, so the child will be given other substitute foods, which causes exclusive breastfeeding to fail. happens, apart from that stress, mothers who experience stress will experience not focusing on something, including their children who need exclusive breast milk,



so what also happens is that the time for giving exclusive breast milk is also disrupted and replaced with other complementary foods, besides that, mothers who are stressed will affect breast milk production because As breast milk decreases, the child's need for exclusive breastfeeding is replaced with other foods such as formula milk. From this explanation it can be concluded that there is a relationship between knowledge and maternal stress levels and exclusive breastfeeding.

Based on the results of the discussion above, the similarities and differences between knowledge and stress regarding exclusive breastfeeding are the similarities in each journal regarding the title and there is no difference, but according to researchers, knowledge has more influence on exclusive breastfeeding, this is because knowledge is the basic foundation that influences a person's behavior, so if knowledge is good then a person will also know the impact that occurs, while stress is a process where a person cannot find a solution to face the problems they face due to poor knowledge.

## CONCLUSION

1. Based on the results of the Knowledge Analysis of giving Exclusive Breastfeeding, good knowledge will give mothers an idea of the importance of exclusive breastfeeding, so it can be concluded that there is an influence of knowledge in giving exclusive breastfeeding.

2. Based on the results of stress analysis with exclusive breastfeeding. Stress will affect the mother's psychology, when the mother's psychology is disturbed, the mother's nutritional needs will decrease and cause breast milk production to decrease, so it can be concluded that there is an influence of stress in giving exclusive breastfeeding.

3. Based on the results above, the results of the analysis of the mother's knowledge and stress level with exclusive breastfeeding state that the mother's knowledge and stress level influence of giving exclusive breastfeeding.

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