

## **The Influence of Intrinsic Motivation And Motivation Extrinsic To Success breast milk Exclusive On Baby In Region Work Public health center Pagal**

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### **ABSTRACT**

Mother's milk (ASI) is the best food for babies, with its nutritional content Which very special And perfect in accordance with grow flower baby, with digestion Which easy. Factor Which can support success Mother in One of the ways to provide exclusive breastfeeding to babies is support from the family can provide support to breastfeeding mothers in the form of support information instrumental, appraisal support and emotional support. Motivation is also a factor mothers to provide exclusive breast milk to their babies both internally and externally, This motivation also influences mothers not to give exclusive breast milk to their babies. Objective general Study This that is For Analyze Influence Motivation Intrinsic And Motivation Extrinsic To Success breast milk exclusive on baby in region Work Public health center Pagal. The research is quantitative with descriptive correlation research with an approach *cross-sectional*. The sample in this study consisted of 52 respondents. Sampling technique used in this research was *simple random sampling*. Data collection or the instrument used is a questionnaire. Analysis to see the influence between The dependent and independent variables use the Chi Square statistical test with levels significant  $\alpha = 0.05$ . The research results show that there is the influence of intrinsic motivation and motivation Extrinsic to the success of exclusive breastfeeding for babies in the Pagal Community Health Center working area. From the results of the *Chi square test*, the value of  $p=0.000$  ( $p<0.05$ ) was obtained. So it can be concluded that There is Influence Motivation Intrinsic And Motivation Extrinsic To Success Asi exclusive on baby in region Work Pagal Health Center. Motivation is one of the factors for mothers to give exclusive breast milk to their babies, Because motivation is strength for Mother Good in a way internal nor external Which motivating somebody For reach objective specific. Motivation here it is Which Also influence Mother For give breast milk exclusive to the baby. Support person nearest like husband And family role important related problem psychic Mother breast-feed

**Keyword :** Breast Milk, Exclusive , Extrinsic , Intrinsic, Motivation

## INTRODUCTION

Mother's milk (ASI) is the best food for babies, with its nutritional content Which very special And perfect in accordance with grow flower baby, with easy digestion. Breast milk also contains appropriate nutrients, as well as enzymes. enzymes that can digest the nutrients contained there in the breast milk. Breast milk too contain substances nutrition Which tall And quality Which useful For grow And development of the baby or child. (Maryunani, 2012). Even though exclusive breastfeeding has been recommended by government, breast milk failure exclusive very general happen in Indonesia (WHO, 2014).

According to WHO and UNICEF (2012), the 2011 world child report, namely 136.7 million babies born all over the world and only 32.6% of them were exclusively breastfed for 6 first month, whereas in industrialized countries, babies do not receive exclusive breast milk risk death in babies more tall from on baby Which given breast milk exclusive.

Based on 2016 Indonesian Health Profile data, the number of babies in Indonesia is 0-6 month is 2,000,200 babies, while those who receive exclusive breast milk are only 1,046,173 babies or 52.3%, while the target for achieving national exclusive breastfeeding in 2016 is 80%. Percentage giving breast milk exclusive on baby 0-6 month in Sulawesi North on year 2015 amounted to 55.7% with the number of babies 0-6 months 116,506 and who received breast milk only 64,897 babies while the target of achieving exclusive breastfeeding for Sulawesi Province North is 70%. This achievement is slightly higher than in 2013 of 51.2%, year 2012 as big as 46.2%, And year 2011 as big as 45.9% (Ministry of Health, 2016).

Based on initial data taken at the Pagal Community Health Center, Cibul District, Regency In Manggarai, the number of breastfeeding mothers in January 2022 was 60 people. Based on Preliminary study carried out by researchers, at the Pagal Community Health Center, coverage of provision breast milk exclusive Still classified low. After done interview on 3 person Mother say reason Why Mother seldom even No give breast milk exclusive to the baby is because of desire Mother For breast-feed low.

Factors that can support a mother's success in providing exclusive breastfeeding baby Wrong the only one is support from family (Roesli, 2013). Family can give support to Mother breast-feed form information support instrumental, support evaluation, And support emotional ( *Organization International Labor* , 2015). Support and role are very important in successful breastfeeding. The greater it is The support provided increases the ability to persist in continuing to breastfeed the baby until it reaches six months. Support comes from husband and family It is really needed by breastfeeding mothers to increase exclusive breastfeeding the baby (Wahyuningsih, 2013).

Motivation is one of the factors for mothers to give exclusive breast milk to their babies. There is reason Which make Mother No Want to give breast milk between other: lack of knowledge about the benefits of breastfeeding, lack of interest or negative perceptions towards breastfeeding, lack of support from partners and family members, not in give support social, need Work, And aggressive marketing company-company baby formula (Stewart-Knox in Hermina & Afriansyah, 2010).

Intrinsic motivation mother in breastfeeding exclusive can arises because of existence need, desire, And interest Mother For give breast milk exclusive to the baby (Semiun, 2006). Extrinsic motivation is the opposite of intrinsic motivation. Motivation Extrinsic arises due to stimulation from outside the individual. Mother's extrinsic motivation to Exclusive breastfeeding occurs when a mother receives support or encouragement from all parties nearby so that the mother's lactation management can run smoothly (Saam and Wahyuni, 2012). That support and encouragement can come from family support, community environment including the Government, health workers, And place Mother Work, as well as exists rewards or gift (Jung, 2010; Deepröse, 2006).

## METHOD

Research design used in this research is quantitative research with descriptive correlation research with a *cross sectional approach*. Sample in this research totaling 52 respondents. The sampling technique used in this research is by *simple random sampling*. The data collection or instrument used is a questionnaire. Analysis to see the influence between dependent and independent variables uses tests Chi statistics Square with level significant  $\alpha = 0.05$ .

## RESULTS AND DISCUSSION

### RESULTS STUDY

#### 1. Characteristics Respondent

Table 1. Descriptive Respondent In Community Health Center Work Area Pagal (n=52)

Characteristics	Frequency (n)	Percentage
<b>Education</b>		
elementary school	9	17.3%
JUNIOR HIGH SCHOOL	13	25.0%
SENIOR HIGH SCHOOL	25	48.1%
BACHELOR	5	9.6%
<b>Age</b>		
17-25 Years	7	13.5%
26-35 Years	37	71.2%
36-45 Years	8	15.4%
<b>Work</b>		
MOTHER HOUSE LADDER	40	76.9%
SELF-EMPLOYED	4	7.7%
FARMER	6	9.6%
civil servants	3	5.8%
<b>Child To-</b>		
1	13	25.0%
2	20	38.5%
3	8	15.4%
4	6	11.5%
5	5	9.6%

Source : Data Primary, July2022.

## 2. Motivation Intrinsic In Region Work Public health center Pagal

Table 2 Descriptive Motivation Respondent Intrinsic (n=52)

Motivation Intrinsic	Frequency	Percentage (%)
Tall	47	90.4%
Low	5	9.6%
Total	52	100.0%

Source : Data Primary, July2022

## 3. Motivation Extrinsic In Region Work Public health center Pagal

Table 3 Descriptive Motivation Extrinsic Respondent (n=52)

Motivation Extrinsic	Frequency	Percentage (%)
Tall	47	90.4%
Low	5	9.6%
Total	52	100.0%

Source : Data Primary, July2022

## 4. Success breast milk Exclusive On Baby In Region Work Public health center Pagal.

Table 4 Descriptive Success breast milk exclusive On Respondent (n=52)

Success breast milk exclusive	Frequency	Percentage (%)
Exclusive	47	90.4%
No Exclusive	5	9.6%
Total	52	100.0%

Source : Data Primary, July 2022

## 5. The Influence of Intrinsic Motivation on Success breast milk exclusive in regionWork Pagal Health Center.

Table 5 Analysis of the Influence of Intrinsic Motivation on the Success of Exclusive Breastfeeding in the Work AreaPublic health center Pagal (n=52)

Success breast milk exclusive							
Motivation Intrinsic	Exclusive		No Exclusive		Total		P-value
	N	%	N	%	N	%	
High	46	97.9	1	2.1	47	90.4	0,000
Low	1	20.0	4	80.0	5	9.6	
Total	47	90.4	5	9.6	52	100.0	

Source : Data Primary, July 2022

## 6. Motivational Influence Extrinsic Against Success breast milk exclusive in region Work Pagal Health Center.

Table 6 Analysis Influence Motivation Extrinsic To Success breast milk exclusive in region Work Public health center Pagal (n=52)

Motivation Extrinsic	Success breast milk exclusive						<i>P-value</i>
	Exclusive		No Exclusive		Total		
	N	%	N	%	N	%	
High	46	97.9	1	2.1	47	100	0,000
Low	1	20.0	4	80.0	5	100	
Total	47	90.4	5	9.6	52	100	

Source : Primary data, July 2022

## DISCUSSION

### 1. Motivation Intrinsic in region Work Public health center Pagal.

Based on the results of research in the Pagal Community Health Center Working Area, the results were obtained that from 52 respondents part big respondents own motivation Which tall as many as 47 respondents (90.4%) while a small portion of respondents had motivation low as much 5 respondents (9.6%).

Results study This supported with research (Maulida, 2013), state that part big respondents own motivation in give breast milk exclusive on babyage 0-6 month is at on category currently that is as much 21 respondents (43.7%), And a small number of respondents had high motivation, namely 13 respondents (27.1%). According to theory

Which stated by Sardiman, (2006), about motivation, that is interest is psychological aspect which are owned somebody Which give rise to liking or interested to something so that capable influence action or behavior person the.

Somebody said own interest to something, if have feeling like, feeling of interest, full attention, behave positive or behave accept something matter the.

According to Sayuti (2007), "Motivation is influenced by several factors can indirectly influence a person's motivation, including personal maturity (age), education, personal desires and hopes, needs, fatigue and boredom, environment and work". When the mother has strong motivation or inner drive himself, so Mother will have that ability good at giving breast milk. (Lestari, 2012).

In accordance with study on researcher put forward that motivation very influence mothers in providing exclusive breastfeeding because of family support In providing breast milk, the mother will be encouraged to follow the recommendations given by family so that Mother give breast milk exclusive on the baby as well as with the environment where the mother lives, the majority of whom provide exclusive breastfeeding, then the mother will encouraged For follow give breast milk exclusive Because environment can has a positive and negative influence on the mother in behaving thus No seldom Mother follow What Which There is around environment place stay.

### 2. Motivation extrinsic in region Work Pagal Health Center

Based on the results of research in the Pagal Community Health Center Working Area, the results were obtained that from 52 respondents part big respondents own motivation Which tall as many as 47 respondents (90.4%) while a small portion of respondents had motivation low as much 5 respondents (9.6%).

The finding of high motivation of breastfeeding mothers to provide exclusive breastfeeding is in line with this with research by Srgati (2016) which states that there is a significant relationship between motivation for exclusive breastfeeding. The higher the respondent's motivation, the more tall giving breast milk in a way exclusive that is No give food/drink supplements and juices other than breast milk in babies before 6 months of age. Maybe it's because of the mother own motivation tall For give breast milk exclusive, Mother the own good knowledge about the importance of exclusive breastfeeding and getting support from husband or family.

Role family in support Mother influential to success breast milk exclusive. Support comes from the family, including husband, mother, in-laws and members family other Which Already have experience breast-feed usually become dominant over mother. (Prasetyono, 2012). Motivation too is the driving force or encouragement to do something that comes from (intrinsic) motivation Which coming from in self Alone, Where Because awareness will importance something. (Notoatmodjo, 2012).

Mothers really need family support in caring for their babies. Support that needed by the mother can be from her husband, parents, in-laws, siblings or other family, If the family does not support it, it can affect the mother's attitudes and behavior. If The family provides support to the mother, the mother will be motivated to do something actions due to belief will result in self-confidence, enthusiasm and intention within the mother so that the mother will have a great desire to get something matter Which desired in accordance with Which expected.

According to Sayuti (2007), "The level of education has a level of education those who are higher will usually be more motivated because they already have insight Which more wide compared to with somebody Which more low level education, and vice versa if the level of education he has is not used in a way maximum then somebody the have motivation low".

### **3. Success breast milk Exclusive On Baby In Region Work Public health center Pagal.**

Based on the results of research in the Pagal Community Health Center Working Area, the results were obtained that of the 50 respondents, the majority of respondents gave as much exclusive breast milk 47 respondents (90.6%) and a small percentage of respondents gave non-exclusive breast milk as much 5 respondents (9.6%).

These results are supported by research (Aprihastiwati, 2015) which states that mother's behavior in providing exclusive breastfeeding in the Gamping II Community Health Center Working Area, Sleman has the most in the Exclusive Breastfeeding category namely 53 people (77.9%), whereas behavior Mother in category No breast milk Exclusive that is, as much as 15 people (22.1%).

Mothers who provide exclusive breastfeeding are supported by age, which is according to Notoatmodjo (2015) age is the age of the individual starting from the time of birth until repeated year. The more Enough age, level maturity And strength somebody will more ripe in think And Work. From facet trust public somebody Which more mature trusted from person Which Not yet tall maturity. Based on Table 4.2, it shows that the majority of respondents 26-35 years old were 37 respondents (71.2%) and a small percentage of respondents aged 17-25 Year as much 7 respondents (13.5%).

According to Wawan And goddess (2010) explain that age is individual agesince birth. The older a person is, the level of maturity and strength think And working will more Good. Results study This show that part big Mother Which fail give breast milk Exclusive is in period reproduction that is age < 20 year, on age This should Mother has own the mental abilities necessary to learn and adapt to situations Which new, like giving breast milk Exclusive (Notoatmojo, 2007).

Most mothers who fail to provide exclusive breastfeeding are aged < 20 years,



this could be because in her twenties the mother lacked experience in breastfeeding so that it will experience difficulties in breastfeeding and the mother will tend give food other to the baby. Part great mother who succeeded in providing exclusive breastfeeding at the age of 20 -35 years because of research results shows that mothers aged 20 -35 years are a healthy reproductive period so that mothers can be able to solve the problems they face with more emotionally mature, especially in dealing with pregnancy, childbirth, postpartum and caring for her own baby and supports Conita's (2014) research that exists connection about influence age Mother to giving breast milk Exclusive.

A mature age will increase the mother's psychological readiness, this readiness very important to do, because of the mother's attitude and decisions the good and positive for breastfeeding babies which influences behavior in giving breast milk Exclusively, when the mother has a good response to breastfeeding then the mother will commit For give breast milk in the baby (Hatfield, 2008).

#### **4. The Influence of Intrinsic Motivation on the Success of Exclusive Breastfeeding in Babies Territory Work Pagal Health Center.**

Based on Table 4.8, it shows that 47 respondents have motivation High, there were 46 respondents (97.9%) who provided exclusive breastfeeding, 1 respondent (2.1%) which provide non-exclusive breastfeeding and of the 5 respondents who own Low Motivation, there was 1 respondent (20.0%) who provide breast milk Exclusive, 4 respondents (80.0%) who gave breast milk were not exclusive. From the results of the *Chi square test* obtained a value of  $p=0.000$  ( $p<0.05$ ) so it can be concluded that there is an influence of motivation Intrinsic to Success breast milk exclusive in the region Work Public health center Pagal.

Results study (Maulida, 2013), state that part big respondents have the motivation to provide breast milk exclusively for babies aged 0-6 months on category currently that is as much 21 respondents (43.7%), And part small respondents had high motivation, namely 13 respondents (27.1%). Motivation on an individual can be influenced by the level of education, if a person has one the level of education is low, then the knowledge possessed is also low, so the information what is obtained will be more difficult to receive well so that the motivation that exists from in self Mother Also low

Research result This Also in line with study Which done by Armini (2015) regarding the differences between intrinsic motivation and extrinsic motivation in providing water milk Mother by Mother breast-feed show score motivation intrinsic Which obtained exclusive breastfeeding respondents were 57.58 or 76.77% with a mean of 76.77, while score Which obtained by respondents breastfeeding is not exclusive is 51.58 or 73.69%, with mean 68.77. Combined score show difference with respondents inurban with  $p$  value  $< 0.001$ . (9).

The finding of high motivation of breastfeeding mothers to provide exclusive breastfeeding is in line with this with research by Srigati (2016) which states that there is a significant relationship between motivation for exclusive breastfeeding. The higher the respondent's motivation, the more tall giving breast milk in a way exclusive that is No give food/drink supplements and juices other than breast milk in babies before 6 months of age. Maybe it's because of the mother own motivation tall For give breast milk exclusive, Mother the own good knowledge about the importance of exclusive breastfeeding and getting support from husband or family. Motivation is a basic drive that moves someone behave. This impulse is within the person who moves it to do something Which in accordance with encouragement in himself (Uno, 2011).

Encouragement from within a person can emerge and remain consistent within person's self the Also requires support from other parties other. Sukmadinata (2007) add that process motivation Also formed from existence power pusher until happen Act in demand Which directed at achievement of something objective. Mother Breastfeeding also requires support from other parties in order to continue providing breast milk exclusive. Support from party other become Wrong One power pusher for Mother breast-feed. The other parties referred to include those closest to them, namely their husband or wife family because breastfeeding mothers spend more time with their families. If mother breast-feed Already start Work, can So environment Work Also become power encouragement for mothers breastfeeding to continue giving only breast milk until the baby is 6 month.

Characteristics Mother breast-feed Which analyzed related with give motivation in providing exclusive breastfeeding are age, education and occupation. Mother's age is one of the factors that influences maternal behavior in breastfeeding exclusive. Results study This state that part big respondents is aged 26-35 years, namely 37 respondents (71.2%). This finding is in line with Istiqomah's research (2017) stated that the majority of respondents were breastfeeding mothers aged 20-35 years. Based on the cross table, as many as 49.5% of breastfeeding mothers aged 20-35 years have high motivation to provide exclusive breastfeeding. This was caught positively because more and more people are undergoing their reproductive period during this period appropriate Because government set that age reproduction Which recommended For pregnant, maternity, And breast-feed is age 20-35 year. Government expect with increasing awareness of women's reproductive age, so does the death rate mother and child which are caused by from pregnancy And labor can decrease.

The educational level of most respondents has education in the category SMA, namely 25 respondents (48.1%). These data findings are in accordance with research Ribek & Kumalasari (2014). Based on the cross table, educated breastfeeding mothers SMA as much as 29.4%. This shows that education is one factors influencing behavior in exclusive breastfeeding. Education will makes someone driven to be curious, to seek experience, and to organize experience so that information Which accepted will become knowledge. Mothers who are highly educated will more easily accept new ideas compared with Mother Which educated low, so that promotion And information regarding exclusive breastfeeding can easily be accepted and implemented (Haryono & Setianingsih 2013). Apart from age and education, occupation also plays an important role maternal behavior in exclusive breastfeeding. Notoatmojo (2010) explains that age influences a person's grasping power and thinking patterns, with a range age is sufficient then the level of understanding and the level to understand the information new will more easy. Besides age, knowledge Also influenced by education.

Findings in research part big respondents Work as Mother House Ladder as much 40 respondents (76.9%) Mother breast-feed No Work, so that allows mothers to care for and care for their own children. This finding is in line with research results from Ribek & Kumalasari (2014). Wawan & Dewi (2011) explain that work is something activity Which must done especially For support his life and family life. Mother breast-feed which doesn't work do activity main nurturing child with fulfil need nutrition child through exclusive breastfeeding. Exclusive breastfeeding to support the child's life furthermore. However, it doesn't mean that working mothers can't breastfeed provide exclusive breastfeeding. Working breastfeeding mothers need more support Lots from party outside like management place Work And Friend Work To use supports exclusive breastfeeding through expressed breast milk (Soetjiningsih, 2013). Party Workplace management can support exclusive breastfeeding by providing it room lactation For



breast-feed or bluish breast milk (Damayanti, 2010).

## 5. The Influence of Extrinsic Motivation on the Success of Exclusive Breastfeeding in Babies Territory Work Pagal Health Center.

Based on Table 4.9, it shows that 47 respondents have motivation High, there were 46 respondents (97.9%) who provided exclusive breastfeeding, 1 respondent (2.1%) which provide non-exclusive breastfeeding and of the 5 respondents who own Low Motivation, there was 1 respondent (20.0%) who provide breast milk Exclusive, 4 respondents (80.0%) who gave non-exclusive breast milk. From the results of *the Chi square test* obtained a value of  $p=0.000$  ( $p<0.05$ ) so it can be concluded that there is an influence of motivation Extrinsic To Success breast milk exclusive in the region Work Public health center Pagal.

Role family in support Mother influential to success breast milk exclusive. Support comes from the family, including husband, mother, in-laws and members family other Which Already have experience breast-feed usually become dominant over the mother (Prasetyono, 2012). Motivation is also a driving force or incentive to do something derived from (intrinsic) motivation Which coming from in self Alone, Where Because awareness will importance something. (Notoatmodjo, 2012).

Mothers really need family support in caring for their babies. Support that needed by the mother can be from her husband, parents, in-laws, siblings or other family, If the family does not support it, it can affect the mother's attitudes and behavior. If family give support to Mother, Mother will motivated For do something

actions due to belief will result in self-confidence, enthusiasm and intention within the mother so that the mother will have a great desire to get something matter Which desired in accordance with Which expected.

According to Sayuti (2007), "The level of education has a level of education those who are higher will usually be more motivated because they already have insight Which more wide compared to with somebody Which more low level education, and vice versa if the level of education he has is not used in a way maximum then somebody the have motivation low".

Study similar Also done by Fatmawati, Sarwinanti (2016) about "The Relationship between Husband's Support and Attitude and Motivation Mothers in Breastfeeding Exclusive In Region Work Public health center Danurejan I City Yogyakarta", results from study showing that from 54 respondents get hash test statistics obtained mark significant 0,000 on support husband with attitude Mother in giving breast milk exclusive And mark significant 0.226 on support husband with Mother's motivation for exclusive breastfeeding. This means there is a relationship of support husband and mother's attitude towards exclusive breastfeeding and a supportive relationship husband with motivation Mother in giving breast milk exclusive.

Based on results research and theoretical basis, researchers argue that in order If exclusive breastfeeding is implemented well for 6 months, support is needed emotional like guard atmosphere so that still comfortable, guard feeling Mother And make the mother happy as long as the baby is 0-6 months old, always ask about the mother's condition and babies and believe in problems encountered when breast-feed. Support informational information, such as telling mothers not to give breast milk alone food other like banana, milk formulas, even water white or porridge, family share breastfeeding experiences with mothers, teach babies how to breastfeed when the baby is 0-6 months old, and also tell the mother that breast milk is important during the first six months, as well as providing the best information about breast milk exclusive. Instrumental support such as family helping to care for the baby, providing donations to

meet the baby's needs, as well as providing a comfortable place And Eat nutritious For Mother breast-feed always 0-6 month.

## CONCLUSION

Based on the results of research on 52 respondents, namely mothers who have aged babies 0-6 month Which is at in region Work Public health center Pagal, about Influence Motivation Intrinsic and extrinsic motivation for the success of exclusive breastfeeding for babies in the region Pagal Community Health Center work, can concluded as following:

1. Part big respondents in region Work Public health center Pagal own motivation intrinsic Which tall that is as much 47 respondents (90.4%)
2. Part big respondents in region Work Public health center Pagal own motivation extrinsic Which tall that is as much 47 respondents (90.4%)
3. Part big respondents in region Work Public health center Pagal give breast milk Exclusive as much 47 respondents (90.4%).
4. There is an influence of intrinsic motivation on the success of exclusive breastfeeding in the work area Public health center Pagal. From results test *Chi square* obtained mark  $p=0.000$  ( $p<0.05$ )
5. There is Influence Motivation Extrinsic To Success breast milk exclusive in region Work Public health center Pagal. From results test *Chi square* is obtained mark  $p=0.000$  ( $p<0.05$ )

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