

FACTORS AFFECTING THE SUCCESS OF EXCLUSIVE BREASTFEEDING**Melia Dwi Yitna Putri, Mufdlilah, Herlin Fitriani Kurniawati**

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Abstract

This study aims to determine the factors that influence the success of exclusive breastfeeding. Some of the factors studied include maternal factors, infant factors, environmental factors, socioeconomic factors, and support factors. The data filtering process is using PRISMA Flowchart. PRISMA is a Preferred Reporting Items for Systematic review and Meta-Analyses, developed to assist authors in reporting Systematic Reviews and Meta-Analyses. The results of this study show that the factors that influence the success of exclusive breastfeeding. Maternal Factors: Knowledge of breast milk, positive attitude towards breast milk, mental and physical readiness for breastfeeding, and support from family and environment. Support Factor: Support from husband, family, and community in providing exclusive breastfeeding. In conclusion, it was found that the factors that affect the success of exclusive breastfeeding in young mothers are influenced by several factors including maternal age, maternal milk production, support of the closest person, experience of breastfeeding mothers, and parity. Support is needed to provide counseling, knowledge about the importance of exclusive breastfeeding to their babies, and motivation to mothers and breast care.

Keywords: *Exclusive breastfeeding; maternal factor; infant factor; Support Factors.*

INTRODUCTION

About 10 in developing countries millions of babies die and about 60% of those deaths should be reduced, one of which breast-feeding has been shown to improve the status of infant health so that 1.3 million babies can be saved. Exclusive programs are baby breastfeeding support programs without providing other food or drinks (Hayati & Gultom, 2022). In 1990 the government started a national movement for Increased Breastfeeding (PPASI), the aim of which is to recommend exclusive breastfeeding for infants from birth at the age of 4 months to 2 years. In 2004, including WHO recommendations, exclusive breastfeeding increased to 6 months since this was the decree of the Minister of Health of the Republic of Indonesia No.450/MENKES/SK/VI/2004.1 the causes of breastfeeding failure are due to inexperience, parity, age, no family support, lack of knowledge and behavior, socio-cultural factors (Danefi, 2021).

The cause of breastfeeding failure is also due to factors in the nutritional status of mothers before pregnancy, during pregnancy and during breastfeeding (Imdad & Bhutta, 2013). Because during breastfeeding, maternal fat stores are mobilized to

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produce breast milk, and the nutritional status of maternal fat stores is weaker than normal maternal body fat stores (Karcz & Królak-Olejnik, 2021). The nutritional status of the mother during breastfeeding is the influence of the mother's nutritional status before pregnancy and during pregnancy (weight gain during pregnancy) (Mubasyiroh & Aya, 2018). The mother's weight during pregnancy depends on the nutritional status of the mother before pregnancy. Mothers with good nutritional status. Body fat storage during pregnancy is sufficient for breastfeeding for 4-6 months, but mothers with poor nutritional status potential body fat reserves are not enough to breastfeed babies 4-6 months (Maulidza et al., 2022). Buhari (2018) the percentage of breastfeeding patterns in infants aged 0 months is 39.8% exclusive breastfeeding, 5.1% predominant breastfeeding, and 55.1% partial breastfeeding. The percentage of exclusive breastfeeding is decreasing with the increase in the age group of infants. In infants aged 5 months exclusive breastfeeding was only 15.3%, predominant breastfeeding was 1.5% and partial breastfeeding was 83.2%.

Exclusive breastfeeding is giving breast milk alone without giving other food or drink to the baby for the first six months of life. Exclusive breastfeeding has many benefits for babies, such as helping optimal growth and development, boosting the immune system, and reducing the risk of infection and disease. However, although exclusive breastfeeding is highly recommended, not all mothers can give exclusive breastfeeding to their babies. There are several factors that can affect the success of exclusive breastfeeding, including: (a) The knowledge and attitude of mothers towards exclusive breastfeeding is very important in the success of exclusive breastfeeding. If the mother does not understand the importance of exclusive breastfeeding or has a negative attitude towards it, then most likely she will not do well. (b) Family and community support also plays an important role in the success of exclusive breastfeeding. Families and communities can provide moral and practical support to mothers, such as providing information and emotional support. (c) The state of health of the mother and baby may also affect the success of exclusive breastfeeding. If the mother or baby has health problems such as infection or illness, then most likely milk production will decrease or even stop. (d) Environmental factors such as employment and access to health facilities may also influence the success of exclusive breastfeeding. Working mothers may find it difficult to provide exclusive breastfeeding consistently, while poor access to health facilities may hinder mothers from obtaining the information and support they need.

This study aims to map the literature on the topic of factors that influence the success of exclusive breastfeeding in young mothers and identify key concepts, gaps in research, and as a source of evidence to inform practices, policies, and research on factors that influence the success of exclusive breastfeeding in young mothers. The benefits of this research can help raise public awareness about the health benefits provided by exclusive breastfeeding for infants and mothers.

RESEARCH METHODS

The data filtering process is using PRISMA Flowchart. PRISMA is a Preferred Reporting Items for Systematic review and Meta-Analyses, developed to assist authors in reporting Systematic Reviews and Meta-Analyses. PRISMA is considered appropriate because its use can improve the quality of publication reporting.

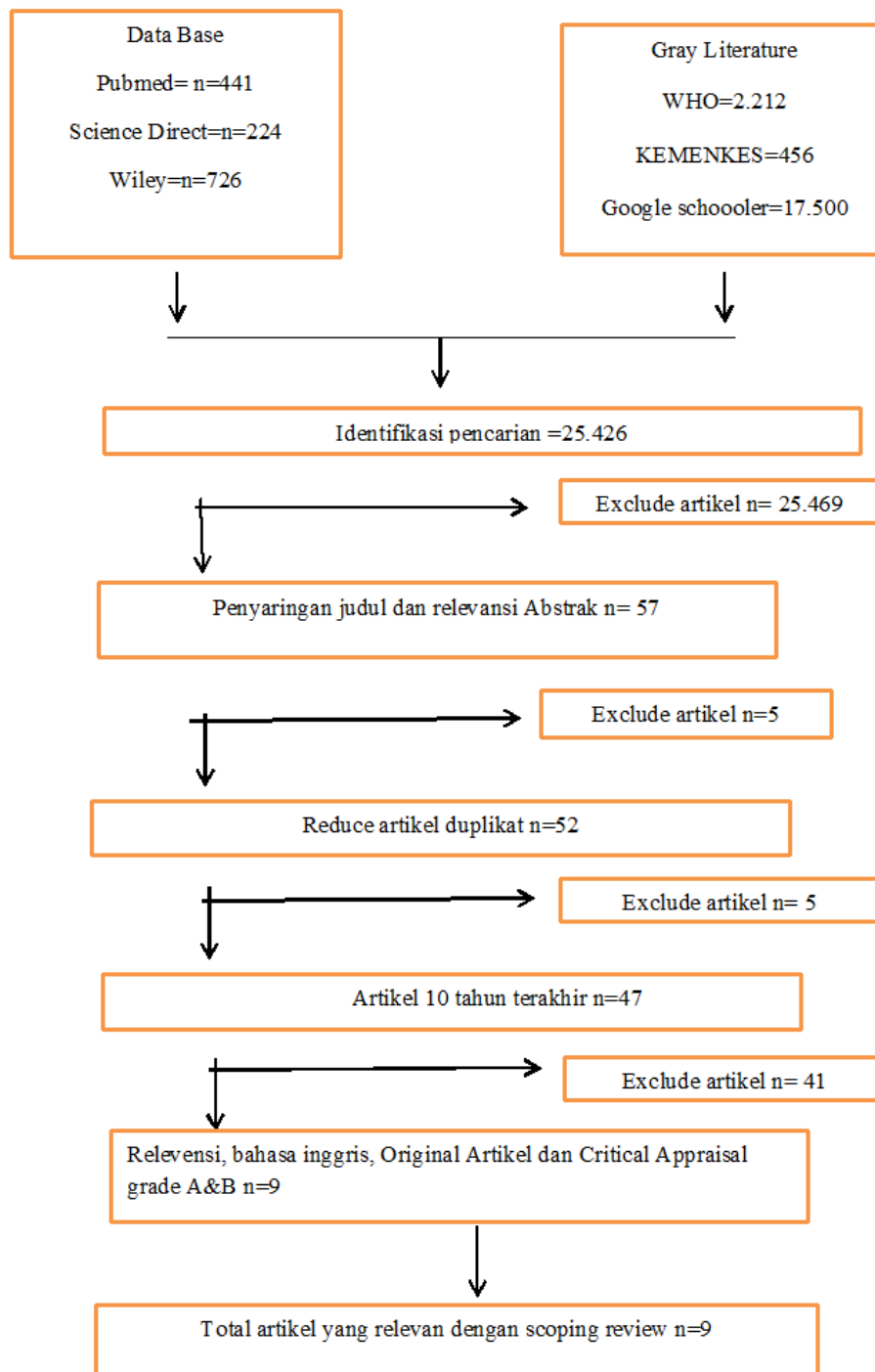


Figure 1 PRISMA diagram

Factors Affecting the Success of Exclusive Breastfeeding

No	Title/Author /Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
1	Factors associated with breastfeeding practice for at least six months in the state of Pernambuco, Brazil/2015	Brazil	Retroanalytic, case-control/benefit studies of breastfeeding for the mother, child, family and the environment itself, in addition to the recommendation that the practice be carried out exclusively in the first six months of life, this behavior is far from normal, To analyze the factors associated with exclusive breastfeeding (EBF) for at least six months, compared with total weaning until the second month of life in the state of Pernambuco	Using Questionnaires	Mother who had children aged 1-6 months The sample consisted of 124.	Of the 8 groups of variables considered as possible predictors of EBF for at least 6 months, maternal age between 20 – 35 years remained as associated factors, with an odds ratio of 2.5 and a 95% confidence interval (95% CI) of 1.4 – 4.5; and 5 – 8 years of schooling 2.1; 95% CI 1.2 – 3.6). The cultural process of breastfeeding has passed through centuries, cycles of civilization, religion, local economic and corporate interests, international market influences. The benefits of breastfeeding , especially in the first six months of life, are evident Today, the	A	It is not clear how data is collected using what instruments	A

No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
						position considered a reference for public policy around the world makes indisputable the need for the implementation and dissemination of measures aimed at promoting the success of breastfeeding in accordance with international standards			
2	successful experiences of exclusive breastfeeding among Chinese mothers in Ireland, 2020.	Ireland	Qualitative Method. Investigate the successful experiences of Chinese mothers living in Ireland who breastfed exclusively between four and 6 months.	Interview	Participants were 14 eligible mothers born in China, had lived in Ireland for more than 6 months, gave birth in Ireland, breastfed their child(ren) for at least 6 months, and exclusively breastfed for four to 6 months	A content analysis revealed that a variety of factors contributed to the successful experience of exclusive breastfeeding among the Chinese immigrant mother group, including strong self-determination; appropriate physical condition; awareness of the benefits of exclusive breastfeeding; lack of time constraints; and family, professional and policy support. Barriers faced by mothers include difficulty	A	Not explained about confounding factors	A

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No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
3	Early breastfeeding experiences of adolescent mothers: a qualitative prospective study, 2010.	Greece, North Carolina AS	Qualitative Method. The aim of our qualitative prospective study was to understand the factors that contribute to the breastfeeding decisions and practices of adolescent mothers.	Interview		balancing breastfeeding and work, infant health problems, language barriers, inability to consume traditional Chinese food postpartum and lack of public breastfeeding facilities. Efforts made to overcome these obstacles include seeking family support, rest during breastfeeding, and pumping breast milk from a bottle when outside the home Four out of five adolescents breastfeed for nine days: in contrast, one teenager breastfeeds exclusively for five months. Milk expression by pumping was associated with significantly longer milk supply, Termination of breastfeeding was influenced by inadequate breastfeeding skills, unpleasant and physically painful initial experiences they were not prepared to	A		
4	Factors associated with the			Questionnaire	The sample was taken from 17 pregnant adolescents enrolled in a seven-week maternity education program				

No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
5	maintenance of breastfeeding for 6, 12, and 24 months in adolescent mothers, 2018. Factors Predicting Exclusive	Brasil selatan	Data analysis methods from randomized control trials. The purpose of this study was to identify related factors with maintenance of breastfeeding for at least 6, 12, and 24 months in adolescent mothers	Questionnaire	offered by Young Women's. Conduct a semi-structured basic interview with each adolescent at the beginning of a seven-week birthing education class. After delivery, and up to two weeks after they stop breastfeeding The respondents were 323 teenage mothers, teenage mothers recruited at a university hospital	handle, and inadequate health care responses to real problems. Data for 228, 237, and 207 mothers are available, respectively. Maintenance of breastfeeding for at least 6, 12, and 24 months was observed in 68.4, 47.3, and 31.9% of the samples, respectively. Only one factor was associated with breastfeeding maintenance in all outcomes: infants who did not use pacifiers showed a higher likelihood for breastfeeding maintenance in the first 2 years. Maternal grandmother breastfeeding support and duration of exclusive breastfeeding are associated with the maintenance of breastfeeding for 6 and 12 months. Other factors evaluated were related to the maintenance of breastfeeding at only one time point assessed:	A		

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No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
6	Breastfeeding among Thai Adolescent Mothers at 6-months Postpartum. 2020.	Thailand	Quantitative Methods The goal of increasing the self-efficacy of breastfeeding in Thai adolescent mothers should be further researched and developed for midwifery practice.	Wawancara	in southern Brazil. Participants were followed during their baby's first year of life and reassessed at 4-7 years	6 months, maternal skin color (black/brown); 12 months, support breastfeeding of baby girls and their partners; and 24 months, the father's age is older and multiparity. 195 Thai teenage mothers participated in the study. Most participants: married (78.97%); tinggal bersama keluarga besar (90,77%); telah lulus dari sekolah menengah atau lebih rendah (60,51%); menganggur (80,00%), memiliki pendapatan pribadi yang rendah (81,54%, Dari 22 ibu, 17 (sembilan pedesaan; tujuh perkotaan) memberikan bayinya cairan dan/atau makanan padat sebelum mereka mencapai usia enam bulan, dan lima (tiga pedesaan; dua perkotaan) berhasil memberikan ASI eksklusif selama enam bulan. Di antara			
7	Enablers and barriers to success among mothers planning to exclusively breastfeed for six months: a qualitative prospective cohort study in KwaZulu-Natal, South Africa, 2017.	Afrika Selatan	Qualitative Methods The aim is to explore prospectively the	Questionnaire					

No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
8	Adolescent mothers a challenge facing the factors influencing exclusive breastfeeding, Columbia, 2014. Interventions to	Kolumbia Amerika Serikat	enablers or barriers to success among mothers who plan to breastfeed their babies exclusively during the first six months of life, in KwaZulu-Natal, Afrika Selatan Cross-sectional study methods, cross-sectional studies were conducted with a population of lactating adolescent mothers attending services offered by the operating	a randomized controlled trial (RCT) and two quasi-experimental studies in the design.	The participants were 195 teenage mothers deliberately selected from six hospitals in the north of the country Participants were 22 mothers who had babies who planned to exclusively breastfeed for six months, 17 reported adding other foods or liquids	five mothers who exclusively breastfed for six full months, three were HIV positive, one was a full-time working mother and one was a stay-at-home mother from Zimbabwe. The median age was 17.9 years, 39.4% were six months cared for and 9.8% were cared for 6 months and 89.2% already had children. The reasons for not breastfeeding their children with breast milk alone are: 9.5% of milk production is small, 12% of children are still hungry, and 20.7% of other causes. During breastfeeding, 82.3% stroked their babies. People who recommend breastfeeding are doctors and nurses 84.3%, relatives 63.3% relative. Of the 955 records identified in the search, 392 duplicates were removed, and nine studies met the inclusion criteria. Seven studies were			

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No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
9	promote exclusive breastfeeding among young mothers: a systematic review and meta-analysis, Amerika Serikat, 2020.	Saudi Arabia	unit of the State Social Enterprise Agency, The purpose of this study was to determine the factors that influence the practice of exclusive breastfeeding in adolescent mothers. Metode Pencarian sistematis dari database berikut diselesaikan pada Agustus 2020: CINAHL, PubMed, MEDLINE, ProQuest, PsychInfo, Web of Science, Cochrane, Scopus, dan Embase. The purpose of the study is controlled trials	Interview	before six months, and five reported successfully breastfeeding exclusively for the first six months 158 adolescent breastfeeding mothers attended Bucaramanga-Colombia primary care services	randomized controlled trials (RCTs) and two quasi-experimental studies in design. Eight were performed in the United States. Interventions include peer counselling, telephone support, massage, gift packages, financial incentives and antenatal education. Most studies include a combination of strategies, peer counseling being the most common. A meta-analysis of four of the nine included studies detected no difference in exclusive breastfeeding rates up to 3 months postpartum (RR 1.44; 95% CI 0.82, 2.55p = 0.204). Exclusive breastfeeding is carried out by 31.4% of mothers during the first 6 months of their baby's life. Logistic regression shows that exclusive breastfeeding at			

No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
	Factors Influencing Exclusive Breastfeeding in Tabuk, Saudi Arabia, 2016.		randomized (RCT) and two quasi-experimental studies in design. Eight were performed in the United States. Interventions include peer counseling, telephone support, massage, gift packages, financial incentives and antenatal education. Most studies include a combination of strategies, peer counseling being the most common. A meta-analysis of four of the nine included studies detected no difference in exclusive breastfeeding rates up to 3 months postpartum		the following databases were completed in August 2020: CINAHL, PubMed, MEDLINE, ProQuest, PsychInfo, Web of Science, Cochrane, Scopus, dan Embase.	6 months are less likely for working mothers, Saudi nationals, and for babies born by cesarean section or with low birth weight. Conversely, maternal awareness about the recommended duration of exclusive breastfeeding is positively associated with exclusive breastfeeding.			

No	Title/Author/Year/Place	Country	Type/Purpose of Research	Data Collection	Participants	Result	Grade	Commentary	Grade
			(RR 1.44; 95% CI 0.82, 2.55; p = 0.204). Qualitative Methods The aim was to identify factors independently associated with the practice of exclusive breastfeeding in infants aged 6 months		A total of 589 mothers of healthy babies aged between 6 and 24 months were interviewed while attending Healthy Baby Clinics in 5 primary health care centers.				

Based on 9 articles that have been selected and in accordance with good quality, data extraction is then carried out to classify several points or parts of the article such as research objectives, research design, number of samples and results or findings of the study. A total of 1 article used a cohort study, 2 quantitative articles, 4 qualitative articles, 1 cross sectional article and 1 RCT article. In the article, this research was conducted in several countries, developing countries, namely Brazil, China, Ireland, the United States, Thailand, Columbia, Saudi Arabia. Each research method has a different Critical Appraisal checklist. The selected articles are in accordance with good quality, that is, all articles get grade A.

RESULTS AND DISCUSSION

Data analysis of the number of articles that have been selected based on the PRISMA diagram is a total of 9 articles that are in accordance with the inclusion and inclusion criteria then categorization is carried out as follows: 1. The year the article was published between 2015-2022. Articles published in 2015 there was 1 article, in 2019 there were 3 articles and in 2018 6 articles. Four articles were published from the United States 2, articles from Brazil 1. articles from Thailand 1. article published from Australia 1 article from Saudi Arabia 1. article published from China 1. Article

published from Columbia 1. Article published from Africa 1. The research methods used in the 9 articles were qualitative and quantitative, RCT and Cross sectional respondents were conducted on young mothers who had children aged 0-6 months. The first theme identified in all studies related to breastfeeding efforts is divided into 2 main subthemes: Exclusive and Non-Exclusive.

A. Exclusive breastfeeding

The importance of breastfeeding for the protection of maternal and infant health, preventing various diseases, complications and helping to build attachment between mothers and their babies, is a good strategy to reduce neonatal mortality (Putri & Mufdlilah, 2022). Breastfeeding during the first 6 months is very important for all babies, especially premature babies because they have a high risk of death and complications compared to full-term babies, so the mother has a very vulnerable and fragile situation in the care of her baby that can affect breastfeeding, the mother's lack of knowledge or attitude in care can worsen their problems (Lubis, 2018). Ultimately, infants have a higher risk of weight loss and the development of disorders during the early period of infancy (Yadika et al., 2019).

B. No Exclusive Breastfeeding

Research conducted by Wahyuni (2022) breastfeeding counseling that can be given and applied by nurses to provide education about breastfeeding and care for premature babies is to use videos and booklets, the results show changes in maternal behavior, have more active strength in taking care of themselves so that they can grow self-confidence, competence and focus. Breastfeeding is the only way to provide nutrition to newborns. The 2016 Lancet Breastfeeding Series 4 suggests breast-milk is the best first and main food in a baby's early life, breastfeeding can prevent nearly half of episodes of diarrhea and one-third of respiratory infections, the two leading causes of death for children under 5 years of age. The availability of breast milk (ASI) or natural food first and foremost for infants can meet the energy and nutritional needs of infants even during the first 4-6 months of life (Hastuti & Wijayanti, 2017).

C. Factors Affecting Success in Exclusive Breastfeeding In Young Mothers

1) Mother Age

In society, there is a distinction of position and degree on the basis of seniority, so that it will give rise to old and young people, who differ in certain things, for example channeling opinions and making decisions (Hakim, 2017). According to Ampu (2021), the age of 20-35 years is a mature age, so it is easier to receive information so that it can increase mothers' knowledge about the benefits of exclusively breastfeeding. At that age, mothers usually already know things about breastfeeding and are experienced, especially about the benefits of exclusive breastfeeding.

The age of the mother after giving birth has an influence on the readiness of the mother in providing exclusive breastfeeding to her baby. The mature age of the mother affects the readiness and stability of the mother to breastfeed her baby exclusively.

2) Breast Milk Production

The production of milk produced by the mother greatly affects the breastfeeding that will be given to her baby. Smooth milk production will meet the baby's intake needs when exclusive breastfeeding will be fulfilled. Milk production that is not smooth will inhibit the mother in the breastfeeding process. To be able to facilitate breast milk production, mothers must continue to breastfeed their babies as often as possible to stimulate the production of breast milk expenditure, pay attention to good nutritional intake such as increasing the consumption of vegetables such as katuk leaves, beans, fish, meat, as well as adequate rest patterns and avoid stress (Syahputri et al., 2021).

After birth, there are two other hormones that work to maintain the lactation process, namely the hormone prolactin to increase milk secretion and the hormone oxytocin which causes breast milk ejection. Both of these hormones are stimulated by neuroendocrine reflexes when the baby sucks the mother's nipple. Within 3 periods of 2-3 weeks, serum prolactin levels in postpartum mothers who are not breastfeeding will return to normal values as before pregnancy, but in breastfeeding mothers, serum prolactin levels will increase with stimulation from the nipple. Serum prolactin levels doubled in mothers who breastfed two babies compared to breastfeeding a baby, suggesting that the amount of serum prolactin released is directly proportional to the degree of nipple stimulation. When the baby sucks the nipple, sensory nerve stimulation occurs around the areola (Puspita, 2019).

The afferent impulse is conducted to the hypothalamus, initiating the release of oxytocin from the posterior pituitary. Shortly before breast milk comes out there is an increase in hormones based on lion oxytocin, and the release of hormones continues after several suctions by the baby. Within 20 minutes after feeding, oxytocin levels drop suddenly. The release of oxytocin is inhibited by catecholamines. The release of catecholamines is stimulated by stress and pain factors. Handling stress and pain factors is one solution to breastfeeding problems. (William et al, 2016). During the lactation process there are several things that can be done to support the release of hormones that trigger breast milk secretion, such as giving breast milk smoothing drugs, touching the mother's skin with the baby's skin, pumping breast milk regularly 12 times per day, lactation counseling, and relaxation techniques to help milk out.

3) Family Support

The support of people attached is the best support for mothers in providing exclusive breastfeeding to their babies. Family support attitudes, acts of family acceptance towards family members, in the form of informational support, assessment support, instrumental support and emotional support. So family support is a form of interpersonal relationship that includes attitudes, actions and acceptance towards family members, so that family members feel that someone is paying attention. People in supportive social environments generally fare better than their peers without these benefits, as family support is thought to reduce or buffer an

individual's mental health effects. Family support is assistance that can be given to other family members in the form of goods, services, information and advice that can make the recipient of support feel loved, appreciated, and at ease. This support is the attitude, action and acceptance of the family towards the sick patient. Family members perceive that supportive people will always be ready to provide the necessary help and assistance. Family support received by one family member from another family member. The form of family support towards family members is moral or material. The existence of family support will have an impact on increasing self-confidence in mothers in the success of providing exclusive breastfeeding.

4) Work

In the Big Dictionary Indonesian, work is defined as a livelihood that is used as the main livelihood. There is a relationship between the mother's employment status and the frequency of exclusive breastfeeding. So it can be said that working mothers tend not to breastfeed their babies exclusively. Work is something needed by humans. A person works because there is something he wants to achieve and the hope that the work activities carried out will lead him to a more satisfactory state in an effort to meet needs. Work has a relationship with education and income and plays an important role in socioeconomic life and related to other factors such as health.

The preoccupation of excessive female activities allows women not to have much time for family because of their focus on career success, as a bias to abandon the role of wife and mother. Work is having a regular job to make money. Not working is not having a regular job to make money. Many mothers work for a living, both for their own and family's sake. The work factor alone seems to affect the role of mothers who have toddlers as a problem arises in the inactivity of mothers visiting posyandu, because they make a living to meet insufficient needs, which has an impact on visits to posyandu, and there is no time for mothers to seek information because of their busy work. Prominent working conditions are a factor that influences her failure to exclusively breastfeed her baby. This can cause the frequency of mothers who have babies for the success rate of exclusive breastfeeding will be reduced.

5) Education Level

According to [Syam \(2016\)](#), education is a process of changing the attitudes and behavior of a person or group of people in an effort to mature humans through teaching and training efforts. The formal education path will equip a person with the basics of knowledge, theory and logic, general knowledge, analytical skills as well as personality development. Education is a process with the main aim of producing changes in human behavior which operationally the goal is divided into 3 aspects, namely: knowledge (cognitive), attitudes (affective), and aspects of skills (psychomotor). A person's higher education will more easily understand about information ([Gani et al., 2020](#)). Like about understanding the success of mothers in providing exclusive breastfeeding. Education is a very important factor to provide

the ability to think, analyze and understand information obtained with more rational considerations and good education will also provide good ability to make decisions about the health of Putra's family (2019) and this is also supported by the results of research from Desty (2021) concluded that mothers who have low education are less likely to have posyandu visit behavior compared to mothers who are highly educated.

CONCLUSION

It was found that the factors that influence the success of exclusive breastfeeding in young mothers are influenced by several factors including maternal age, maternal milk production, closest person support, breastfeeding experience, and parity. Support is needed to provide counseling, knowledge about the importance of exclusive breastfeeding to the baby, and motivation to mothers and breast care.

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