



**FACTORS ASSOCIATED WITH EXCLUSIVE BREASTFEEDING AMONG
BREASTFEEDING MOTHERS WITH INFANTS 6-12 MONTHS OLD AT
PURWASARI VILLAGE, KARAWANG REGENCY, IN 2023**

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ABSTRACT

Based on the results of preliminary studies conducted at the Purwasari Health Center in the Purwasari Village working area, it was discovered that the percentage of infants who exclusively breastfed in October 2022 was 31%, in November 2023 it was 36%, in December it was 24%, in January it was 28%, in February it decreased by 26%, and in March it decreased once more to 17.2%. This study had a sample of 59 people with purposive sampling technique, using quantitative methods with cross sectional design. This study used primary and secondary data collection methods obtained through interviews and observations using questionnaires and data at the Puskesmas and posyandu. The study obtained the proportion of exclusive breastfeeding, the highest proportion was not exclusive breastfeeding as many as 48 respondents (81.4%). Factors associated with exclusive breastfeeding are maternal knowledge (p-value=0.40), age (p-value=0.33), education (p-value= 0.46), employment (p-value=0.11), and family support (p-value=0.37). Knowledge, age, education, occupation, and family support have a significant relationship with exclusive breastfeeding among breastfeeding mothers. Based on the results of the study, it is recommended to increase knowledge and family support to the community through counseling to pregnant and lactating women.

Keywords: ASI, Exclusive, and Giving Exclusive Breastfeeding

Indtroduction

Exclusive breastfeeding is known to have many benefits for infants, mothers, industries, and even the development of a country's human resources and economy. Exclusive breastfeeding is also believed to be an effective way to reduce stunting and infant mortality. According to WHO, UNICEF and other international organizations set a global target of 50% exclusive breastfeeding coverage by 2025 at the 2012 World Health Assembly (WHO, 2017). Exclusive breastfeeding is the provision of breast milk alone to infants aged 0-6 months without being given additional food or drink other than drugs for therapy (treatment of disease) (Maryunani, 2017).

Support for exclusive breastfeeding from various countries around the world is overwhelming. This is due to the low coverage of breastfeeding. According to the United Nations International Children's Emergency Fund (2012), the average coverage of exclusive breastfeeding in the world is only 38%, while developing countries including Indonesia have an average coverage of 47%-57%. In Indonesia, 42% of children under 6 months old were exclusively breastfed (SDKI, 2018).

At 2020, out of the 3,196,303 infants less than 6 months of age who were recalled, 2,113,564 infants less than 6 months of age received exclusive breastfeeding or about 66.1% (Kemenkes, 2020). According to the Indonesian health profile, the national exclusive breastfeeding achievement rates in 2020 and 2021 are 66.1% and 69.7% with national targets of 40% and 45%. Meanwhile, in the second quarter, the national exclusive breastfeeding achievement was 66%. Based on this data, there were 458,596 babies. Of these, 302,746 babies or 66% were exclusively breastfed (Sari, 2022).

Exclusive breastfeeding coverage data in West Java province in 2020 amounted to 76.11%, in 2021 amounted to 76.4%, and in 2022 amounted to 77% (Sari, 2022). Meanwhile, in Karawang District, the exclusive breastfeeding achievement in Karawang District in 2018 was 18.5%, in 2019 the exclusive breastfeeding achievement increased by 60.49%, while in 2020 and 2021 the exclusive breastfeeding achievement in Karawang District experienced a significant equation, namely 68.15% (Jabar, 2023).

According to Lawrence Green's theory in (Notoatmodjo, 2020) a person's health is influenced by two main factors, including behavioral factors (behavior causes) and factors outside of behavior (non-behavior-causes). Behavior itself is determined or formed from three factors, namely predisposing factors (knowledge, age, education, occupation), enabling factors (health facilities and services, and formula milk promotion), and reinforcing factors (family support, husband support, health worker support, and support from superiors and coworkers).

Based on research conducted by Bahani (2018), it states that there is a relationship between knowledge and exclusive breastfeeding practices. This statement is also supported by research conducted by Junaedah (2020), which shows that there is a significant relationship between the level of maternal knowledge and exclusive breastfeeding.

Occupation is one of the reasons for mothers not to provide exclusive breastfeeding. The statement is supported by research conducted by Puspita (2016), which states that work has a significant relationship with exclusive breastfeeding. The research conducted by Lindawati (2019), shows that there is a relationship between knowledge, education and family support with exclusive breastfeeding behavior.

Purwasari Health Center is a health center located in Karawang Regency and has problems with low exclusive breastfeeding coverage in each village, one of which is in Purwasari Village. Purwasari Village is one of the villages that is part of the Purwasari Health Center working area, where Purwasari Village has a problem in low exclusive breastfeeding coverage of the target, namely infants aged 0-6 months. Problems in exclusive breastfeeding coverage in Purwasari Village are known from data contained in the annual report at the Purwasari Health Center, where in 2020 in Purwasari village the number of babies 0-6 months who received exclusive breastfeeding was 6.8% (181 babies), then in 2021 there was an increase in the number of babies 0-

6 months who received exclusive breastfeeding, namely 23% (426 babies), but in 2022 there was another decrease in the number of babies 0-6 months who received exclusive breastfeeding, namely 18% (415 babies) (Purwasari, 2023).

Based on the results of preliminary studies conducted at the Purwasari Health Center in the Purwasari Village working area, it was discovered that the percentage of infants who exclusively breastfed in October 2022 was 31%, in November 2023 it was 36%, in December it was 24%, in January it was 28%, in February it decreased by 26%, and in March it decreased once more to 17.2%.

As a result, it is crucial to examine the variables that are linked to exclusive breastfeeding among lactating mothers with children between the ages of 6 and 12 months in Purwasari Village, Karawang Regency. With the use of this research, it is believed that the use of health services at Purwasari Health Center, particularly in Purwasari Village, would be more effective, particularly in providing exclusive breastfeeding coverage. In Purwasari Village, Karawang Regency, nursing women with children aged 6 to 12 months are the subjects of this study, which aims to identify the factors related to exclusive breastfeeding in this population.

Methods

This research was conducted using quantitative methods with a cross sectional research design. The dependent variable in this study was exclusive breastfeeding in breastfeeding mothers with infants aged 6-12 months and the independent variables in this study were knowledge, age, education, employment, and family support. This research was conducted in Purwasari Village, Karawang Regency in 2023. The population in this study were all breastfeeding mothers who had babies aged 6-12 months in the Purwasari Health Center working area, namely in Purwasari Village, Karawang in 2023, a total of 120 respondents. This study has a sample consisting of breastfeeding mothers with babies aged 6-12 months as many as 59 people using purposive sampling technique. Data used in this study were primary and secondary data. The research used primary collection methods obtained through interviews and the results of filling out questionnaires and secondary data obtained from Purwasari Health Center to find out data on the number of babies in the study location. The instruments used have all been tested valid and reliable. The respondents were asked to answer all questions and statements in the questionnaire. Data analysis in this study was in the form of univariate and bivariate data using the Chi-square test and Fisher-Exact Test.

This research has passed the research ethics test from the Faculty of Health Sciences' Research Ethics Commission, evidenced by the Certificate of Passing Ethics Test. Number of 0923-08.085 /DPKE-KEP/FINAL-EA/UEU/VIII/2023.

Results

Table 1. Frequency Distribution Of Exclusive Breastfeeding, Knowledge, Age, Education, Occupation, and Family Support.

Variabel		N	%
Dependen			
Exclusive Breasfeeding	Not exclusivity breastfeeding	48	81,4 %
	Exclusive Breastfeeding	11	18,6 %
Independen			
Knowledge	Not good	34	57,6 %
	Good	25	42,4 %
Age	At Risk	20	33,9 %
	Not at risk	39	66,1 %
Education	Low	33	55,9 %
	High	26	44,1 %
Occupation	Working	20	33,9 %
	Not working	39	66,1 %
Family Support	Not supprotive	35	59,3 %
	Supportive	24	40,7 %

Based on the above table, the highest proportion of respondents who did not provide exclusive breastfeeding was 48 respondents (81.4%), and then respondents with low knowledge (34 respondents (57.6%), respondents with non-risk age (39 respondents (66.1%), respondents with low education (33 respondents (55.9%), respondents who did not work (39 respondents (661%), and respondents not family support (35 respondents (59.3%).

Table 2. Bivariate Analysis Factors Associated With Exclusive Breastfeeding Among Breastfeeding Mothers With Infants 6-12 Months Old At Purwasari Village, Karawang Regency, In 2023

Variabel	Giving Exclusive Breastfeeding				Total		P-Value	PR (95%-CI)
	Not Exclusive Breastfeeding		Exclusive Breastfeeding		N	%		
	N	%	N	%				
Knowledge								
Not Good	31	91,2%	3	8,8%	34	100,0%	0,040	1,341
Good	17	68,0%	8	32,0%	25	100,0%		(1,2738-4,738)
Age								
At risk	13	65,0%	7	35,0%	20	100,0%	0,033	0,724
Not at risk	35	89,7%	4	10,3%	39	100,0%		(0,294-0,595)
Education								
Low	30	90,9%	3	9,1	33	100,0%	0,046	1,313
High	18	69,2%	8	30,8%	26	100,0%		(1,278-4,738)
Occupation								
Working	20	100,0%	0	0,0%	20	100,0%	0,011	1,393
Not working	28	71,8%	11	28,2%	39	100,0%		(1,278-4,378)
Family support								
Not supportive	32	91,4%	3	8,6%	35	100,0%	0,037	1,371
Supportive	16	66,7%	8	33,3%	24	100,0%		(1,278-4,738)

According to the data presented above, there is a correlation between knowledge ($p=0.040$; $PR=1.341$), age ($p=0.033$; $PR=0.724$), education ($p=0.046$; $PR=1.313$), work ($p=0.011$; $PR=1.393$), and family support ($p=0.037$; $PR=1.371$) with exclusive breastfeeding in breastfeeding mothers with babies aged 6-12 months.

Discussion

Overview of Exclusive Breastfeeding in Breastfeeding Mothers with Infants 6-12 Months Old in Purwasari Village, Karawang Regency in 2023. Breastfeeding is a natural diet for mothers because it burns calories, which aids in weight loss more quickly, lowers estrogen levels, prevents breast cancer, and lowers the risk of anemia brought on by postpartum bleeding. Breastfeeding also benefits mothers financially because they don't have to pay for baby supplements or milk (Maryunani, 2017). Based on previous observations, there are several reasons why mothers do not provide exclusive breastfeeding, such as stopped flowing breast milk, busy working, not much breast milk production, and following the tradition of their parents in terms of giving extras such as bananas and water before the baby is 6 months old. The majority of mothers with complaints that have been mentioned switch to giving formula milk because they think formula milk is considered the safest for babies.

This is due to the respondents' lack of understanding about how to breastfeed properly, stimulating to increase breast milk production, foods that can help with breast milk production, and others. As a result, the role of health services is needed to increase public understanding of exclusive breastfeeding. This can be done through health counseling, distribution of educational posters, or counseling when respondents conduct routine examinations during pregnancy and after childbirth.

Overview of Knowledge in Breastfeeding Mothers with Infants 6-12 Months Old in Purwasari Village, Karawang Regency in 2023.

Knowledge is the result of a person's curiosity through a sensory process using the five senses, especially the eyes and ears, towards certain objects. Knowledge has an important role in the formation of open behavior and open behavior (Donsu, 2017). Based on the answers to the respondents, 45% answered the question of how often a child should be breastfed, namely as often as possible. However, based on the observation, some respondents still answered that the child is breastfed when the baby cries. This is because the baby's cry is assumed to be a sign that the child is hungry or thirsty. Based on the answers to the respondents, 45% answered the question of what foods should be given to babies aged 0-6 months, namely only breast milk. However, based on observations, some respondents still give additional food or drinks such as bananas, formula milk, and water.

Based on the answers of the respondents, 35% answered the question of what content is contained in breast milk, namely high content of fat-soluble vitamins, minerals, antibodies, white blood cells, vitamin A, and immunoglobulins. However, based on observation, some respondents still answered that the content contained in breast milk is sugar and salt and low in fat soluble vitamins, minerals, antibodies, white blood cells, vitamin A, and immunoglobulins. Based on the answers to the respondents, 40% answered the correct question about exclusive breastfeeding, which is a type of food that fulfills all the elements needed by babies. However, based on the observations made, some respondents answered a type of liquid that contains nutrients needed by the mother. Based on the observation, it is known that there are more respondents who have poor knowledge than respondents who have good knowledge. This is due to the respondents' low understanding of exclusive breastfeeding, especially about the content and benefits of breast milk. In addition, interest in reading and seeking information about exclusive breastfeeding is also low.

Overview Age in Breastfeeding Mothers with Infants 6-12 Months Old in Purwasari Village, Karawang Regency in 2023.

The age of the mother determines maternal health because it is related to the conditions of pregnancy, childbirth, and postpartum, as well as how to care for and breastfeed her baby. Mothers who are less than 20 years old are still immature and physically and socially unprepared in facing pregnancy, childbirth, and in fostering babies in birth. Meanwhile, mothers aged 20-35 years,

according to Arini (2019), are referred to as "adulthood" and are also called the reproductive period, where at this time it is hoped that people will be able to solve the problems faced emotionally calmly, especially in facing pregnancy, childbirth, postpartum, and caring for their babies later (Yanti, 2018).

Based on research that has been conducted, the youngest age of the respondents obtained is 22 years, and the oldest age of the respondents obtained is 44 years. Which is where at the age of 20 many respondents are married, because indeed the surrounding environment and the tradition to get married at a young age have become a habit in the environment.

Overview Education in Breastfeeding Mothers with Infants 6-12 Months Old in Purwasari Village, Karawang Regency in 2023.

The percentage of women who do not breastfeed their children increases with the mother's education level. women with greater levels of education typically lead busy lives outside the house and have a tendency to abandon their children, whereas women with lesser levels of education prefer to stay more at home and have more opportunity to nurse their children (Pertiwi, 2020).

In this survey, 50% of the respondents, or the majority, had junior high school diplomas. Additionally, 28% of respondents had a high school diploma or less. The respondents who only completed junior high school level education acknowledged that their inability to support their families' finances was the reason they were only able to finish junior high level education. So that after the respondent completes his education, the respondent prefers to get married at a very young age.

Overview Occupation in Breastfeeding Mothers with Infants 6-12 Months Old in Purwasari Village, Karawang Regency in 2023.

According to Roesli (2017), argues that despite the fact that maternity leave is only three months long, working should not prevent a mother from continuing to exclusively breastfeed their child for at least four and preferably six months. Working mothers can maintain exclusive breastfeeding if they have the necessary breastfeeding expertise, access to breast milk pumping equipment, and workplace support.

According to the findings of the research, the majority of respondents are unemployed. This is due to the fact that responders must concentrate on taking care of their houses and children. Additionally, some respondents' low levels of education present a barrier to employment for such respondents.

Overview Family Support in Breastfeeding Mothers with Infants 6-12 Months Old in Purwasari Village, Karawang Regency in 2023.

The support of the closest person, especially the husband, is needed in supporting the mother while providing breast milk, giving rise to the term breastfeeding father. If the mother feels supported, loved, and cared for, positive emotions will arise which will increase the production of

the hormone oxytocin so that milk production is smooth (Prasetyono, 2019). According to Prasetyono (2019), husbands and families play a role in encouraging mothers to breastfeed their babies. The support can facilitate the reflex release of breast milk because the mother gets psychological and emotional support (Pertiwi, 2020).

Based on the answers of the respondents, the highest proportion was for mothers who did not receive family support. As for the forms of those who do not get family support, namely, the family always provides information to provide only breast milk until the age of 6 months as much as 45%, the family provides information on how to provide exclusive breastfeeding as much as 55%, the family gives praise when the mother gives exclusive breastfeeding as much as 30%, the family gives praise when giving exclusive breastfeeding as much as 40%, the family asks about the problems encountered when breastfeeding as much as 50%, and the family provides nutritious food for the mother for smooth breastfeeding as much as 65%. Based on the answers from respondents, it is known that when the baby is fussy, the husband recommends giving additional food in the form of formula milk, this is because the baby's crying sometimes makes the husband can't bear it and finally takes the initiative to give formula milk. Meanwhile, based on the program design at the puskesmas, the results show that the puskesmas always provides counseling related to health services to mothers and toddlers, besides that when pregnant women conduct routine checks either at the puskesmas or posyandu, health workers such as midwives and nutritionists will provide counseling related to good nutrition to mothers as well as how to provide exclusive breastfeeding and additional food for pregnant women. This is also emphasized during the visit when the mother has given birth, the health workers will provide direction to the mother regarding education on how to provide good and correct breastfeeding. Based on these observations, the puskesmas should invite husbands or families to attend classes on breastfeeding, make posters that inform husbands or families about the benefits of exclusive breastfeeding and invite them to accompany their wives during routine check-ups.

The Association Between Knowledge And Exclusive Breastfeeding In Purwasari Village, Karawang Regency In 2023 Among Breastfeeding Mothers With Infants Aged 6 To 12 Months.

According to Atabik's research (2017), there is a relationship between knowledge and exclusive breastfeeding practices with a value of $p = 0.002$. In addition, knowledge is the result of a person's curiosity through a sensory process using the five senses, especially the eyes and ears, towards certain objects. Knowledge has an important role in the formation of open behavior and open behavior (Donsu, 2017).

From the results of observations that have been made, knowledge about breast milk has an important role in exclusive breastfeeding behavior, the low practice of exclusive breastfeeding in Purwasari Village is due to the respondents' lack of knowledge about exclusive breastfeeding, especially about the benefits and effects of not exclusively breastfeeding. Researcher recommends

to the puskesmas to increase the knowledge of mothers about the benefits and impacts of not providing exclusive breastfeeding. Screening of evidence-based videos can also be done to attract the attention of mothers so as to increase knowledge and change better ways of thinking..

The Association Between Age And Exclusive Breastfeeding In Purwasari Village, Karawang Regency In 2023 Among Breastfeeding Mothers With Infants Aged 6 To 12 Months.

The mother's age determines maternal health because it is related to the conditions of pregnancy, childbirth, and postpartum, as well as how to care for and breastfeed her baby. Mothers who are less than 20 years old are still immature and physically and socially unprepared in facing pregnancy, childbirth, and in fostering babies in birth. Meanwhile, mothers aged 20-35 years, according to Arini (2019) are referred to as "adulthood" and are also called the reproductive period, where at this time it is hoped that people will be able to solve the problems faced emotionally calmly, especially in facing pregnancy, childbirth, postpartum, and caring for their babies later (Yanti, 2018).

Based on the results of the research that has been done, the age of the respondents is at an age with good reproduction or reproductive. The more mature the mother's age, the more mature her level of maturity and strength will be in thinking and taking an action. This also includes breastfeeding by mothers to their babies. The mature age of the mother will tend to have a lot of experience related to exclusive breastfeeding.

The Association Between Education And Exclusive Breastfeeding In Purwasari Village, Karawang Regency In 2023 Among Breastfeeding Mothers With Infants Aged 6 To 12 Months.

The results of Saleh's research (2019) state that education level affects exclusive breastfeeding. Where mothers with higher education tend to provide pre-lactal and early complementary foods to their babies faster than mothers with low education. She said that a high level of education without exclusive breastfeeding knowledge can affect exclusive breastfeeding. For example, the higher the mother's education level, the higher the number of mothers who do not breastfeed their babies. This is because mothers with higher education usually have busy lives outside the home so they tend to leave their babies while mothers with lower education stay more at home so they have more opportunities to breastfeed their babies (Pertiwi, 2020).

Based to the research's results, respondents with a somewhat decent economic standing tended not to exclusively breastfeed their infants since they could afford to buy formula milk. Therefore, it can be claimed that a mother's greater level of education does not guarantee that she would breastfeed her child exclusively. It could be challenging to alter behavior because of ingrained sociocultural influences that may have an impact on this.

The Association Between Occupation And Exclusive Breastfeeding In Purwasari Village, Karawang Regency In 2023 Among Breastfeeding Mothers With Infants Aged 6 To 12 Months.

According to Rahmawati (2015), the employment status variable has a p-value below 0.05, meaning that only employment status is significantly associated with exclusive breastfeeding. According to Prasetyono (2019), the factor that affects exclusive breastfeeding is because mothers work outside the home so they cannot provide exclusive breastfeeding for six months to their babies. According to Roesli (2017), working is not a reason to stop exclusive breastfeeding for at least 4 months and if possible up to 6 months, even though maternity leave is only 3 months. Even though maternity leave is only 3 months, with the right knowledge about breastfeeding, the availability of breast milk pumping equipment, and the support of the work environment, a working mother can continue to provide exclusive breastfeeding.

Based on the results of the study, what is meant by working mothers is when mothers move out of the house or inside the house to earn money to help the family economy, except for routine household chores. Occupation affects the mother in the success of exclusive breastfeeding to her baby, because for a while the mother cannot be close to her baby. Therefore, there is a tendency that more mothers do not breastfeed their babies due to work.

The Association Between Family Support And Exclusive Breastfeeding In Purwasari Village, Karawang Regency In 2023 Among Breastfeeding Mothers With Infants Aged 6 To 12 Months.

From Septiani, et al's (2017) research, the results of the bivariate test obtained a p-value = 0.000 which means that family support is significantly related to exclusive breastfeeding, where mothers who get support from their families. Family support, especially husbands, is needed in supporting mothers while providing breast milk, giving rise to the term breastfeeding father. If the mother feels supported, loved, and cared for, positive emotions will arise which will increase the production of the hormone oxytocin so that milk production is smooth (Prasetyono, 2019).

Meanwhile, according to Prasetyono (2019), husbands and families play a role in encouraging mothers to provide breast milk to their babies. This support can facilitate the reflex release of breast milk because the mother gets psychological and emotional support (Pertwi, 2020). Family support has an important role in the success of breastfeeding mothers. Mothers' feelings and enthusiasm to breastfeed and to continue to provide the best for their children depend on the role of the family to continue to maintain a conducive atmosphere. The breastfeeding process is hampered when family conditions are not harmonious, this is because the mother does not receive family support (Hartono, 2019).

Based on the observation, it was found that all mothers were accompanied by their husbands (not out of town) during the exclusive breastfeeding process. However, it is known that there are still mothers who are less supported by their husbands. This was due to the fact that the husband had suggested giving additional food when the baby was less than 6 months old. In addition, the family was also less active in attending counseling or visits after the wife gave birth so that the family did not know when health workers provided information about exclusive breastfeeding.

Researchers recommend that health centers increase family support for exclusive breastfeeding in this case starting from inviting families to attend counseling classes on breastfeeding, making posters that provide information to families about the benefits of exclusive breastfeeding and inviting them to accompany their wives during routine examinations.

Conclusion

Based on research that has been conducted on factors related to exclusive breastfeeding in breastfeeding mothers with babies aged 6-12 months in Purwasari Village, Karawang Regency in 2023, it can be concluded that the highest proportion of respondents who did not provide exclusive breastfeeding was 48 respondents (81.4%), respondents with poor knowledge were 34 respondents (57.6%), respondents with non-risk age were 39 respondents (66.1%), respondents with low education were 33 respondents (55.9%), respondents who did not work were 39 respondents (66.1%), and respondents who did not get family support were 35 respondents (59.3%). There was a relationship between knowledge ($p=0.040$; $PR=1.341$), age ($p=0.033$; $PR=0.724$), education ($p=0.046$; $PR=1.313$), work ($p=0.011$; $PR=1.3930$), and family support ($p=0.037$; $PR=1.371$) with exclusive breastfeeding in breastfeeding mothers with babies aged 6-12 months.

Based on the results and discussion that has been stated, the suggestions given by researchers related to the problem of exclusive breastfeeding in breastfeeding mothers with babies aged 6-12 months are that the puskesmas should optimize counseling about the nutritional content of breast milk so that mothers can understand the importance of breast milk for babies and are moved to provide exclusive breastfeeding to their babies and it is hoped that the Purwasari Puskesmas will increase exclusive breastfeeding. Screening of evidence-based videos can also be done to attract the attention of mothers so that they can increase knowledge and change their way of thinking for the better. Respondents are expected to attend exclusive breastfeeding counseling held by health workers and do not believe in negative myths which are one of the obstacles for mothers to breastfeed babies and provide exclusive breastfeeding. The health center should increase family support for exclusive breastfeeding, in this case starting from inviting husbands or families to attend counseling classes on breastfeeding, making posters that provide information to husbands or families about the benefits of breastfeeding.

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Conflict of Interest

The author declare that they have no conflict of interest.

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