

## THE SECRET TO EXCLUSIVE BREASTFEEDING SUCCESS AT TPMB SITI NURUSSAKINATURAHMAH SERANG 2024

Marthia Iklasiah<sup>1\*</sup>, Ana Marliana<sup>2</sup>, Refi Lindawati<sup>3</sup>

<sup>1,2,3</sup>Undergraduate Study Program and Midwifery Professional Education, Faculty of  
Health Sciences, Faletihan University, Indonesia  
[marthia\\_ikhlasiah@uf.ac.id](mailto:marthia_ikhlasiah@uf.ac.id)

---

### Abstract

This study aims to find out the factors that affect the success of breastfeeding in newborns. This type of research is using Qualitative with Cross Sectional design, in the design of data collection using primary data, namely with an observation sheet carried out on one group without a control group or comparator. The sample of this study is mothers who give birth at TPMB Siti Nurussakinaturrahmah. S.Keb. In Serang City in 2024, a total of 30 respondents were taken by accidental sampling from September – November 2024. The statistical analysis used is the Chi-Square Test. Based on the results of the statistical test using chi square, it was shown that there was a meaningful relationship between the support of the husband and the support of health workers with the incidence of successful breastfeeding in newborns with a p-value of  $<0.05$ , while there was no meaningful relationship between knowledge and the success of breastfeeding in newborns with p-value 0.05. The conclusion of this study is that mothers who have good knowledge will give breast milk to their babies, and mothers who have newborns are expected to receive support from their husbands and health workers. Saran Diis is expected to be able to conduct further research elsewhere, with a larger number of samples, as well as with different research designs such as the case control design.

Keywords: Success of Breastfeeding in Newborns, Knowledge, Husband Support, Health Worker Support

---

### 1. Introduction

Breast milk is the best source of nutrition for newborns. Breast milk is the first, main, and best food for babies, which is natural. Breast milk contains various nutrients that are needed in the process of baby growth and development Breastfeeding can prevent death in babies. This is in line with a study in Ghana that shows that 22% of newborn deaths can be prevented by breastfeeding in the first hour after birth and is recommended to continue until the age of six months. In a study in Sweden in 2000, it was proven that babies who were not given exclusive breastfeeding during the first 13 weeks of life had higher rates of respiratory infections and gastrointestinal infections compared to breastfed babies (WHO, 2009).

The gold standard for breastfeeding in infants and children is to start breastfeeding in the first 1 hour after birth, breastfeeding babies exclusively start from birth until the age of 6 months, and after the baby is 6 months old, the baby gets nutritious Complementary Foods or (MP-ASI) according to the needs of the baby's growth and development and continues to breastfeed the baby until the age of 24 months or more (Ministry of Indonesia, 2017)

Over the past six years, there has been a surge in breastfeeding in Indonesia during the first 6 months of a child's life – from 52% in 2017 to 68% in 2023. However, significant challenges still exist in the newborn stage. The National Health Survey found that only

27% of newborns received breast milk in the first hour, that one in five babies were given food or liquids other than breast milk in the first three days, and that only 14% had skin-to-skin contact for at least an hour immediately after birth. The achievement of the percentage of breastfeeding in Indonesia from 2020 to 2021 has increased by 0.08% while from 2021 to 2022 there has been a decrease of 1.74% (SKI, 2023).

Breast milk is to give breast milk only to the baby, after 30 minutes the baby is born until the age of 6 months, without the addition of other liquids such as: formula milk, fruit juice, water, honey, tea water, and without solid foods such as fruits, biscuits, milk porridge, rice porridge and team rice. Breast Milk (ASI) is a fat emulsion in a solution of protein, lactose, and inorganic salts, which is secreted by the mammary glands and serves as baby food. The definition of breast milk is when a baby is breastfed from birth to 6 months of age without additional food or drinks. Breast milk in sufficient quantities is the best food for babies and can meet their 16 nutritional needs during the first six months of life. Breast milk (breast milk) is the first and most important natural food for optimal baby growth and development (Wahyuningsih, 2018).

The success of breastfeeding is influenced by several 3 factors, namely predisposing factors including maternal characteristics (knowledge, age, education, attitude, belief,), supporting factors (Enabling factor), namely health facilities, and Reinforcing factors, namely husband and family support. Some of these factors greatly influence, therefore, if one is not applied appropriately, the rate of Early Breastfeeding in babies will be low (Ema, 2022).

Low breastfeeding is a threat to children's growth and development which will affect the growth and development of human resource quality in general. In 2018, the achievement of coverage of monthly babies who received breast milk was 67.3%. This is far from the target of Government Regulation of the Republic of Indonesia No. 33 of 2012 article 6, which is 100%. Sharing efforts have been made to increase breastfeeding coverage, but the coverage figure in 2019 achieved coverage of babies who received breast milk was 68.9%.

## **2. Theoretical Background**

### **2.1 Success of Breastfeeding in Newborns**

Breastfeeding is a natural process that provides optimal benefits for both the baby and the mother. The success of breastfeeding in newborns is influenced by various factors, including physiological, psychological, and social aspects. The World Health Organization (WHO) recommends exclusive breastfeeding for the first six months of life, as breast milk contains complete nutrients essential for the baby's growth and development (WHO, 2020).

Breastfeeding success can be measured by several indicators, such as early initiation of breastfeeding (EIB), duration of breastfeeding, and the continuity of exclusive breastfeeding. Several factors contribute to successful breastfeeding, including maternal knowledge, environmental support, and the role of healthcare professionals in providing education and guidance throughout the breastfeeding process (Ministry of Health, 2021).

### **2.2 Maternal Knowledge about Breastfeeding**

Maternal knowledge is a key factor in breastfeeding success. Mothers who have a good understanding of the benefits of breastfeeding, proper breastfeeding techniques, and lactation management are more likely to succeed in breastfeeding (Aminah et al., 2022).

Sufficient knowledge helps mothers overcome challenges such as latching issues, milk production concerns, and breastfeeding-related myths in society.

Studies show that breastfeeding education interventions before and after childbirth contribute to increased rates of exclusive breastfeeding. Therefore, providing accurate and accessible breastfeeding information during pregnancy is crucial for supporting lactation success (Rahmawati et al., 2021).

### 2.3 Husband's Support in Breastfeeding Success

Husband's support plays a vital role in encouraging and assisting mothers in breastfeeding, both emotionally and physically. Husbands who understand the importance of exclusive breastfeeding and actively support their wives contribute significantly to breastfeeding success (Putri & Rahayu, 2021).

Forms of husband's support include:

- 1) Providing motivation and encouragement for mothers to continue breastfeeding,
- 2) Helping to manage stress and fatigue experienced by mothers,
- 3) Assisting with household chores so that mothers can focus on breastfeeding, and
- 4) Reducing external pressure from family or society that may discourage exclusive breastfeeding.

Research indicates that involving husbands in breastfeeding education programs improves exclusive breastfeeding success rates in newborns (Yuliana et al., 2023). Therefore, interventions that engage husbands in lactation education are highly recommended.

### 2.4 Healthcare Support in Breastfeeding Success

Healthcare professionals, including midwives, nurses, and doctors, play a strategic role in supporting breastfeeding success. Their responsibilities include providing education, guidance, and necessary interventions for mothers, especially first-time mothers who may face difficulties in breastfeeding.

Healthcare support includes:

- 1) Breastfeeding education before and after childbirth – Providing information on the benefits of breastfeeding, proper techniques, and lactation management,
- 2) Assistance during early initiation of breastfeeding (EIB) – Helping mothers start breastfeeding within the first hour after birth,
- 3) Breastfeeding counseling – Offering psychological support and solutions to breastfeeding challenges, and
- 4) Implementation of baby-friendly hospital policies – Encouraging policies that promote exclusive breastfeeding and restrict formula milk use unless medically necessary.

Studies show that mothers who receive support from healthcare professionals have higher breastfeeding success rates compared to those who receive little or no assistance (Sari et al., 2022). Therefore, the active involvement of healthcare professionals in breastfeeding promotion and support is essential for improving exclusive breastfeeding rates.

## 3. Methods

Cross-sectional research is a type of research that is conducted by collecting data at a single point in time or over a very short period of time. In this study, the researcher did not follow the subjects or sample groups for a certain period of time, but made

observations or measurements on the research subjects at a certain time. This makes cross-sectional research often used to describe or analyze the circumstances or characteristics of a population at any given moment. Then the researcher observed PMB Siti Nurussakinaturrahmah Serang City in 2024 with a population of 30 mothers who gave birth in the October-November-December period.

#### 4. Results and Discussion

This study was conducted to find out the success of breastfeeding newborns at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024 with a total of 30 Respondents By filling out a questionnaire.

##### 4.1 Univariate Analysis

**Table 1.** Distribution of Initial Breastfeeding Frequency at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024.

Early Breastfeeding	Frequency	Percent
Given	23	76,7
Not Given	7	23,3
Total	30	100,0

Based on Table 5.1 shows that the frequency distribution of Initial Breastfeeding is 23 people (76.7%). And the frequency distribution of Early Breastfeeding Not Given was 7 people (23.2%).

**Table 2.** Average Distribution of Initial Breastfeeding Frequency Based on Knowledge at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024

Knowledge	Frequency	Percent
Less	19	63,3
Good	11	36,7
Total	30	100,0

Based on Table 5.1 It shows that the frequency distribution of Early Breastfeeding Based on Breastfeeding is Less as many as 19 people (63.3%). And the frequency distribution of Early Breastfeeding Based on good knowledge as many as 11 people (36.7%)

**Table 3.** Average Distribution of Initial Breastfeeding Frequency Based on Husband Support at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024

Husband's Support	Frequency	Percent
Not Supported	24	80,0
Support	6	20,0
Total	30	100,0

Based on Table 5.3 It shows that the distribution of the frequency of Initial Breastfeeding Based on Husband Support is Not Supportive as many as 24 people (80.0%). And the frequency distribution of Initial Breastfeeding based on Supportive Husband Support was 6 people (20.0%).

**Table 4.** Average distribution of the frequency of initial breastfeeding based on the support of health workers at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024

Health Worker Support	Frequency	Percent
Not Supported	3	10,0
Support	27	90,0
Total	30	100,0

Based on Table 5.3 It shows that the frequency distribution of Initial Breastfeeding Based on Health Worker Support is Not Supportive as many as 24 people (80.0%). And the frequency distribution of Initial Breastfeeding based on the Support of Health Workers Supported as many as 27 people (90.0%)

#### 4.2 Bivariate Analysis

Bivariate analysts were conducted to analyze breastfeeding in the newborn of TpmB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024 will use a cross sectional test.

**Table 5.** The Relationship between Knowledge and the Incidence of Early Breastfeeding at TpmB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024

Knowledge	Not Given		Given		Total		p-value
	F	%	F	%	F	%	
Less Knowledge	6	6,5	22	21,5	28	100,0	0,954
Good Knowledge	1	,5	1	1,5	2	100,0	
Total	7	23,3	23	76,7	30	100,0	

The results of the study showed that breastfeeding occurred in mothers who had less knowledge as many as 28 people (100.0%). From the bivariate analysis using the chi square test, a p-value of  $0.954 > 0.05$  was obtained, which means that there was a significant relationship between knowledge and breastfeeding of newborns at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024.

**Table 6.** The Relationship between Husband Support and the Incidence of Initial Breastfeeding at TpmB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024

Husband's Support	Not Given		Given		Total		p-value
	F	%	F	%	F	%	
Husband's Support is Not Supportive	7	7,0	23	73,7	30	100,0	0,000
Husband's Support	0	0	0	81,8	0	100,0	
Total	7	23,3	23,0	76,7	30	100,0	

The results of the study showed that breastfeeding occurred with the support of the husband who did not support as many as 30 people (100.0%). From the bivariate analysis using the chi square test, a p-value of  $0.000 > 0.05$  was obtained, which means that there was a significant relationship between husband support and breastfeeding of newborns at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024.

**Table 7.** The Relationship between Health Worker Support and the Incidence of Early Breastfeeding at TpmB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024

Health Worker Support	Not Given		Given		Total		p-value
	F	%	F	%	F	%	
Support of Health Workers Does Not Support	2	,7	22	20,7	24	100,0	0,000
Support of Health Workers Supports	5	6,3	1	2,3	6	100,0	
Total	7	23,3	23	76,7	30	100,0	

The results of the study showed that breastfeeding occurred with the support of health workers who did not support as many as 24 people (100.0%). From the bivariate analysis using the chi square test, a p-value of  $0.000 > 0.05$  was obtained, which means that there is a significant relationship between the support of health workers and breastfeeding of newborns at TPMB Siti Nurussakinaturrahmah. S.Keb in Serang City in 2024.

## 5. Conclusion

Based on the results of the research and data analysis that has been carried out, it can be concluded that the factors that affect the success of breastfeeding newborns include maternal knowledge, husband support and health worker support. Therefore, it is expected for mothers to increase their knowledge about breast milk as well as the support of their husbands and health workers to prevent the occurrence of unsuccessful breastfeeding in newborns. Further research is expected to provide additional knowledge and information about breast milk so that it can facilitate the smooth flow of breastfeeding in breastfeeding mothers and can improve the quality of breast milk productivity and can be stored in the campus library to be used in the next research.

## References

- Abdullah, H. (2019). Analisis Ketahanan Pangan Kota Pekanbaru: Pendekatan Spasial (Keruangan) (Doctoral Dissertation, Universitas Islam Riau).
- Batlajery, J., Maryanah, H., & Nurfakrohni, F. A. (2023). Hubungan Dukungan Suami Terhadap Keberhasilan Pemberian Asi Eksklusif Pada Pasien Post Partum Di Praktek Mandiri Bidan Sutjiati Kebunjeruk Jakarta Barat Tahun 2022. *Jurnal Fisioterapi Dan Kesehatan Indonesia*, 3(01).
- Barus, L. W., Evamona, E., & Syaiful, S. (2022). Pendidikan Kesehatan Pada Ibu Nifas Dengan Teknik Menyusui Yang Benar Di Rumah Sakit Tk II Putri Hijau Medan Tahun 2021. *Jurnal Keperawatan Flora*, 15(2), 62-72.
- Hasibuan, R., & Boangmanalu, W. (2023). Pengetahuan, Dukungan Suami, Dan Peran Tenaga Kesehatan Terhadap Pemberian ASI Eksklusif. *Media Informasi*, 19(1), 55-61.
- Indrayani, M., & Wulandari, S. (2024). Faktor-Faktor Yang Mempengaruhi Pemberian Asi Eksklusif Pada Bayi Di Kelurahan Paya Pasir Kecamatan Medan Marelan Tahun 2023. *Jurnal Ilmiah Kebidanan Imelda*, 10(2), 125-132.
- Janah, N., & Dewi, B. P. (2022). Faktor–Faktor Yang Mempengaruhi Keberhasilan Asi Eksklusif Pada Ibu Bekerja. *Jurnal Kesehatan Dan Pembangunan*, 12(24), 1-9.
- Mentari, S.A., Nugraheni. W.T., Ningsih. W.T., Sumiatin. T (2024). Faktor Yang Mempengaruhi Pemberian ASI Eksklusif Di Wilayah Kerja Puskesmas Wire Kabupaten Tuban. *Jurnal Ilmu Kesehatan Mendira Cendikia*. 3, 2964-2434.



- Mumtihan, N. F., Thamrin, H., & Sharief, S. A. (2023). Asuhan Kebidanan Bayi Baru Lahir Normal Pada Bayi Ny. N. *Window Of Midwifery Journal*, 53-59.
- Parapat, F. M., Haslin, S., & Siregar, R. N. (2022). Hubungan Pengetahuan Ibu Dengan Pemberian Asi Eksklusif. *Jurnal Kesehatan Tambusai*, 3(2), 16-25.
- Prihatini, F. J., Achyar, K., & Kusuma, I. R. (2023). Faktor–Faktor Yang Mempengaruhi Ketidakberhasilan ASI Eksklusif Pada Ibu Menyusui. *Jurnal Riset Kesehatan Masyarakat*, 3(4), 184-191.
- Qomarasari, D. (2023). Faktor-Faktor Yang Berhubungan Dengan Pemberian ASI Eksklusif Di PMB H Kota Tangerang Tahun 2022. *Bunda Edu-Midwifery Journal*, 6(1), 001.
- Rahmi, A. A., & Harahap, R. A. (2024). Analisis Implementasi Program Pemberian Asi Eksklusif Di Dinas Kesehatan Kabupaten Labuhanbatu. *Health Information: Jurnal Penelitian*, 16(1), E1369-E1369.
- Sipayung, R., Faujiah, S., Widowati, T., & Ependi, E. (2024). Faktor-Faktor Yang Mempengaruhi Pemberian Asi Eksklusif Pada Bayi 0-6 Bulan Di Tmpb “E” Tahun 2023. *JIDAN: Jurnal Ilmiah Bidan*, 8(1).