

**Jurnal Info Kesehatan**

Vol. 21, No. 1, March 2023, pp. 166-173

P-ISSN 0216-504X, E-ISSN 2620-536X

DOI: [10.31965/infokes.Vol21Iss1.885](https://doi.org/10.31965/infokes.Vol21Iss1.885)

Journal homepage: <http://jurnal.poltekkeskupang.ac.id/index.php/infokes>



**RESEARCH**

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**The Relationship between the Knowledge of Third Trimester Pregnant Women and the Implementation of Early Breastfeeding Initiation**

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Received: 10 August 2022

Revised: 31 March 2023

Accepted: 31 March 2023

**Abstract**

Early Initiation of Breastfeeding has an important role in the success of exclusive breastfeeding. Early Initiation of Breastfeeding is also one solution to reduce the risk of bleeding among postpartum women. An increase in knowledge and understanding of pregnant women about Early Initiation of Breastfeeding may support the successful implementation of Early Initiation of Breastfeeding. This study aims to determine the effect of knowledge of pregnant women in the third trimester on the implementation of Early Initiation of Breastfeeding. This was an analytical observational study with a cross-sectional design. The study was conducted in June-July 2019. The samples consisted of 30 respondents selected by purposive sampling based on certain inclusion criteria. Data were analyzed using the chi-square test to determine the effect of knowledge of pregnant women in the third trimester on the implementation of early initiation of breastfeeding. The results showed that the majority of respondents had good knowledge and performed early initiation of breastfeeding as many as 27 people (90%). Furthermore, 3 people (10%) had poor knowledge and did not perform early initiation of breastfeeding. It was obtained a p-value of 0.000 < 0.05. Such findings revealed that knowledge of pregnant women was one of the factors that can support the successful implementation of Early Initiation of Breastfeeding. It is expected that healthcare workers and related parties can increase the provision of information about the importance of early initiation of breastfeeding, so as to increase knowledge as well as creating better implementation of early initiation of breastfeeding.

**Keywords:** Early Initiation of Breastfeeding, Knowledge, Pregnant Women.

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## 1. INTRODUCTION

The infant mortality rate (IMR) is a description of the degree of public health used as a benchmark by the government (Rahmawati, Kuntoro, & Trijanto, 2016). Various efforts have been made by the government to decrease the IMR, one of which is through exclusive breastfeeding program starting from the birth of the baby until the baby is 6 months old without any additional food (Ayukarningsih, Sutedja, & Mardiyah, 2014; Rossalia & Puteri, 2014). It aims to improve the health status of mothers as well as their babies (Fair, Ford, & Soltani, 2019; Jolly et al., 2018; Sarki, Parlesak, & Robertson, 2018).

The success of exclusive breastfeeding is determined by the implementation of Early Initiation of Breastfeeding, wherein the baby is immediately given breast milk within the first hour of birth through breastfeeding technique (Ginting & Delfira, 2018; Rudiyantri, 2013; Sudemi, Adhi, & Duarsa, 2016). Early Initiation of Breastfeeding is an action that has a major impact on the improvement of health status of newborns (Bongga, 2019; Shobo et al., 2019). One of the benefits is that the baby gets colostrum. Colostrum can boost the immune system so that the baby stays healthy and can grow and develop into a healthy human being both physically, psychologically and psychosocially (Sumarni, Apriyani, & Umarianti, 2019). In addition, early initiation of breastfeeding can also warm the baby so as to prevent hypothermia. By initiating early breastfeeding, it can make the baby's breathing more stable so as to prevent respiratory infections. If early initiation of breastfeeding is not carried out, it can have an impact on problems with the breastfeeding process and the mother's milk production. Early initiation of breastfeeding is very important to do because it can prevent infant morbidity and mortality, and can accelerate the baby's growth and development process properly (Selviyanti, et al., 2022).

The process of the initiation of early breastfeeding can stimulate the mother's brain to produce the prolactin hormone which further makes the baby to feel comfortable. The higher level of knowledge of the mother about Early Initiation of Breastfeeding and its benefits for infant growth and development, the better the understanding and implementation of Early Initiation of Breastfeeding process (Fatriani, 2018; Khoiriah & Sari, 2018; Kurnia, 2019; Sukmawati, Stang, & Bustan, 2018). Based on this, it is important to increase the knowledge and understanding of pregnant women regarding the implementation of early initiation of breastfeeding in newborns.

Based on 2018 Basic Health Research (RISKESDAS) data in Indonesia, the process of initiating early breastfeeding in the first hour after birth is only 34.5% (Masluroh & Syamsiah, 2022). Based on data from the Gorontalo Provincial Health Office in 2017, 20,859 mothers gave birth and 13,513 babies were able to initiate early breastfeeding. Whereas in 2018 there was an increase in the coverage of data on mothers who gave birth, namely as many as 21,008 people and the achievements of early breastfeeding initiation as many as 17,962 babies.

As for data from the Gorontalo District Health Office, in 2017 the number of mothers giving birth was 7,033 people and the achievements of babies getting early initiation of breastfeeding were 6,254 people, in 2018 the coverage of mothers giving birth was 7,117 people and the achievements of early initiation of breastfeeding were 6,633 babies. It can be seen that there is an increase in data. However, after conducting interviews with several pregnant women in the working area of the Gorontalo District Health Center in 2018, it was found that there were still many pregnant women who did not understand the benefits of early initiation of breastfeeding after giving birth. Many parents are also afraid and don't have the heart if their baby cries because they have

difficulty finding their mother's nipple. The pain that is felt as a result of a tear in the birth canal also hinders the mother's movement so that it overrides the implementation of early initiation of breastfeeding. Therefore, this study aims to determine the relationship between the knowledge of third trimester pregnant women and the implementation of early initiation of breastfeeding.

## 2. RESEARCH METHOD

This was an analytical observational study with a cross-sectional design. The study was conducted in June-July 2019. All third trimester pregnant women with gestational age of >38 weeks in the work area of the Gorontalo District CHC were involved as the study population. The study samples involved 30 respondents who were selected through purposive sampling technique. Inclusion criteria in this study were gestational age > 38 weeks, giving birth at the Tibawa, Limboto and Telaga Biru Health Centers, Gorontalo District, not a high-risk pregnancy, not having comorbidities and normal newborn (no abnormalities).

Data were obtained from questionnaire sheets to determine the level of pregnant women's knowledge and observation sheets on the implementation of Early Initiation of Breastfeeding. Data were analyzed using chi-square test to determine the effect of knowledge of pregnant women in the third trimester on the implementation of Early Initiation of Breastfeeding.

## 3. RESULTS AND DISCUSSION

**Table 1.** Distribution of the Level of Knowledge of Respondents.

Knowledge	N	%
Good	27	90.0
Poor	3	10.0
Total	30	100.0

Table 1 revealed that 90% of respondents had good knowledge.

**Table 2.** Distribution of Implementation of Early Initiation of Breastfeeding.

Early Initiation of Breastfeeding	N	%
Good	27	90.0
Poor	3	10.0
Total	30	100.0

Table 2 revealed that 90% of respondents performed Early Initiation of Breastfeeding.

**Table 3.** Effect of Knowledge of Pregnant Women in the Third Trimester on the Implementation of Early Initiation of Breastfeeding.

Knowledge	Early Initiation of Breastfeeding		n	p-value
	Yes	No		
Good	27	0	27	0.000
Poor	0	3	3	
Total	27	3	30	

Table 3 revealed that most of respondents had good knowledge and performed Early Initiation of Breastfeeding, as many as 27 people (90%). Statistically, there was a significant effect ( $p\text{-value} = 0.000 < 0.05$ ).

Based on the results of the chi-square test regarding the effect of knowledge of pregnant women in the third trimester on the implementation of Early Initiation of Breastfeeding, it was obtained a  $p\text{-value} = 0.000 < 0.05$ , which indicated that  $H_a$  was accepted. Thus, there was an effect of knowledge of pregnant women in the third trimester on the implementation of Early Initiation of Breastfeeding.

Notoatmodjo, (2016) states that knowledge is an important point in the formation of behavior. Information obtained by someone is very important for good level of knowledge. In addition, a person's attitude and behavior can be influenced by the level of knowledge. Similarly, the implementation of early initiation of breastfeeding can also be affected by the level of knowledge of pregnant women (Admasu, et al., 2022; Abebe et al., 2022; Naja et al., 2022; Sihombing et al., 2022; Wang, You, & Luo, 2020). In line with this opinion, a previous study found that there was an effect of women's knowledge after video viewing on the implementation of early initiation of breastfeeding with a statistically significant  $p\text{-value}$  of  $0.006 < 0.05$  (Apriastuti, 2016). Several studies revealed that health education about the benefits of breastfeeding through breastfeeding technique during pregnancy was an important factor in increasing the implementation of early initiation of breastfeeding after childbirth (Hawkins, et al., 2015; Jiang et al., 2015; Sihombing et al., 2022; Zakaria & Astuti, 2022).

Such finding is in line with other studies which showed that the understanding and behavior of mothers regarding exclusive breastfeeding was influenced by the level of knowledge regarding the importance of breastfeeding (Assriyah, et al., 2020; Diana, Komalawati, & Marwan, 2021; Iliadou, et al., 2018; Suárez-Cotelo et al., 2019). Breastfeeding is the optimal way to meet baby's nutrition requirement which aims to promote an optimal growth and development process (Debataraja, Siregar, & Batubara, 2021; Dewi, Maimunah, & Siregar, 2021; Komsiyah, Indarti, & Ekatania, 2020; Marks et al., 2018). Furthermore, other studies revealed that proper counseling regarding breastfeeding among pregnant women had a positive effect on the increase in knowledge and optimal breastfeeding practices (Abdulahi, et al., 2021; Hashim et al., 2017; Shafaei, Mirghafourvand, & Havizari, 2020).

Based on the results of this study, it can be concluded that one way that can assist the government in reducing the Infant Mortality Rate (IMR) at 28 days old is through the implementation of early initiation of breastfeeding in the first hour after the baby is born (Fitriyah, Fitriani, & Sriwahyungsih, 2022). Delays in the implementation of early initiation of breastfeeding can result in an increase in infant morbidity and mortality (Rosyati & Damayanti, 2021). Some of the impacts that can occur on babies if they do not carry out early initiation of breastfeeding are that babies get the best nutrition from colostrum, which can result in infections and low immune systems, babies are susceptible to diseases such as diarrhea and pneumonia. While the impact on the mother is that it can reduce the amount of milk production because the baby's suction plays an important role in producing the hormone prolactin. Another impact on the mother can also result in postpartum hemorrhage because the baby's suction can produce the hormone oxytocin so that the mother's uterus can contract properly (Ulfa, Fauziah, & Nora, 2022). Given the importance of implementing early breastfeeding initiation for optimal growth and development of the baby, it is important to pay attention so that the implementation of

early breastfeeding initiation can be carried out properly and correctly (Latuharhary, Suparman, & Tendean, 2014).

Mother's knowledge about the importance of the benefits and implementation of early breastfeeding initiation is one of the factors supporting the success of its implementation. The more knowledge a person has, the better the positive behavior or action that will result. The application of behavior or actions taken by someone based on knowledge and understanding will be permanent, while the behavior or actions taken by someone who is not based on knowledge or understanding will not be permanent. Respondents' knowledge, understanding, and attitudes about early initiation of breastfeeding can influence the application of respondents' behavior in carrying out early initiation of breastfeeding. In this case, the level of knowledge and understanding possessed by a person can influence the formation of one's attitude and behavior.

#### 4. CONCLUSION

There was an effect of knowledge of pregnant women in the third trimester on the implementation of Early Initiation of Breastfeeding. Healthcare workers are recommended to optimize counseling about the importance of Early Initiation of Breastfeeding to pregnant women so as to create a better achievement of Early Initiation of Breastfeeding.

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