

Maternal Knowledge and Confidence Influence Exclusive Breastfeeding: A Study of Mothers of Toddlers in Teluk Kapuas Village, Kubu Raya, West Kalimantan, Indonesia

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ABSTRAK

Background: One of the efforts to increase quality resources is by giving milk, especially exclusive breastfeeding. In 2019, in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province, the number of exclusively breastfed toddlers was 41.3%, which is very far from achieving the national target of 80%. **Objective:** The purpose of this study was to determine the factors of exclusive breastfeeding in mothers who have toddlers 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. **Methods:** This type of research used Observational analytic with *Cross Sectional* approach. The sample in this study amounted to 46 respondents taken by *simple random sampling*. Data analysis in this study with univariate analysis and bivariate analysis using *Chi-square* test **Results:** The results showed that the related variables were maternal knowledge with a value of ($P = 0.031$), maternal self-confidence with a value of ($P = 0.000$). While the unrelated variables are the support of the closest person with a value of ($P = 0.632$), the mother's attitude with a value of ($P = 0.454$), the mother's work status with a value of ($P = 0.756$), the support of health workers with a value of ($P = 1.000$). **Conclusion:** It is important to provide intensive educational programs for mothers of toddlers about the importance of exclusive breastfeeding, with a focus on increasing maternal knowledge and confidence to increase exclusive breastfeeding.

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1. INTRODUCTION

Breast milk is the perfect substance for baby's growth and can accelerate the development of baby's weight. In addition, breast milk contains disease-preventing substances and can provide satisfaction and bring mother and baby closer together as a means of establishing an affectionate relationship¹. The World Health Organization (UNICEF) recommends that infant feeding standards include exclusive breastfeeding from birth to 6 months of age, preceded by Early Breastfeeding Initiation (EBI) immediately after birth, starting at 6 months of age provide Complementary Feeding (MP-ASI) and continue breastfeeding until the child is 2 years old².

Data from the World Health Organization (WHO) in 2016 shows that the average rate of exclusive breastfeeding in the world is only around 38 percent³. Indonesia is ranked in the bottom third of 51 countries in the world that participated in the assessment of the status of infant and young child feeding policies and programs⁴. The coverage of exclusive breastfeeding in Indonesia is 61.33%⁵. Data from the West Kalimantan Provincial Health Office in 2016 the coverage of exclusive breastfeeding was (63.65%) This number decreased from the coverage of exclusive breastfeeding in 2018, which was (60.41%) and is still very far from the national target of 80%⁶.

Based on the achievement of exclusive breastfeeding for infants 0-6 months, the Kubu Raya District Health Office ranked 7th in 2015 there were 65.7% of mothers who provided exclusive breastfeeding, in 2016 there were 19.7% of mothers who provided exclusive breastfeeding and in 2017 there were 43.0% of mothers who provided exclusive breastfeeding⁷. The achievement of exclusive breastfeeding for infants 0-6 months according to the Sungai Durian Health Center in 2016 was 42.6%, increased in 2017 by 45.9%, and decreased in 2018 by 44.2%. From these data there are differences from each year, namely from 2016 to 2018⁸.

The low rate of exclusive breastfeeding in Indonesia is caused by 2 factors, namely internal and external factors. Internal factors include low knowledge and attitude of mothers about exclusive breastfeeding and psychological factors of mothers, while external factors include lack of family support, strong culture, and lack of support about health or breastfeeding counseling to implement government policies on exclusive breastfeeding⁹.

Many factors influence exclusive breastfeeding, and various studies have been conducted previously on exclusive breastfeeding. Education is one of the influencing factors which is closely related to the mother's knowledge about exclusive breastfeeding¹⁰. The purpose of this study was to determine the factors that influence exclusive breastfeeding in Teluk Kapuas Village, Kuburaya Regency, West Kalimantan Province.

2. METHODS

The research used is quantitative research using a *cross sectional* approach. The sample in this study were 46 people who were mothers of toddlers 6-24 months who were in Teluk Kapuas village, Kubu Raya Regency which was taken using *accidental sampling* technique. The instrument in this study used a questionnaire. Furthermore, the data analysis technique used was data analysis carried out in stages including univariate and bivariate analysis tested statistically *chi Square* with a degree of accuracy of 95% ($\alpha = 0.05$).

3. RESULTS

The results of the study are presented in table 1 and table 2 as follows:

Table 1.
Respondent Characteristics

Characteristics	n = 46	%
Age of Child		
6-12 months	20	43,5
13-24 months	26	56,5
Gender		
Male	19	41,3
Female	27	58,7
Mother's Education		
SD	6	13,0
SMP	10	21,7
HIGH SCHOOL	25	54,3
S1	5	10,9
Mother's Occupation		
Work	12	26,1
Not Working	34	73,0
Mother's Age		
Above 20 years	43	93,5
Under 20 years old	3	6,5
Exclusive breastfeeding		
Yes	19	41,3
No	27	58,7
Maternal knowledge about exclusive breastfeeding		
Good >8	29	63,0
Less Good <8	17	37,0
Attitude		
Positive >5	20	43,5
Negative <5	26	56,5
Family Support		
Good>3	44	95,65
Not good<3	2	4,35
Health Worker Support		
Good >4	26	56,5
Less Good <4	20	43,5
Confidence in Breastfeeding		
High >5	21	45,7
Low <5	25	54,3

Source: Primary Data, 2019

The results of the study in Table 1 show that based on the characteristics of the respondents, the majority are in the age group of 13-24 months (56.5%). Based on gender, girls dominate with a percentage of 58.7%. For mother's education, most

mothers have a high school education level (54.3%). In terms of employment, the majority of mothers did not work (73%). Meanwhile, the majority of mothers were over 20 years old (93.5%). Based on the data in table 1, the majority of mothers (58.7%) did not exclusively breastfeed their babies for the first 6 months, (63.0%) had good knowledge about exclusive breastfeeding, (56.5%) mothers showed negative attitudes regarding exclusive breastfeeding. In addition, (95.65%) respondents felt good support from the family environment, (56.5%) felt good support from health workers, (54.3%) mothers had low confidence in breastfeeding.

Table 2. Bivariate Analysis

Variables	Exclusive breastfeeding				p-value	PR (95%CI)
	No		Yes			
	n	%	n	%		
Maternal knowledge about exclusive breastfeeding						
Less Good	6	13,0	11	23,9	0,031	4,813 (1,33-17,40)
Good	21	45,7	8	17,4		
Attitude						
Negative	17	37,0	9	19,6	0.454	1.889 (0.573-6.22)
Positive	10	21,7	10	21,7		
Employment Status						
Not Working	19	55,9	15	44,1	0.756	0.633 (0.160-2.512)
Work	8	66,7	4	33,3		
Family Support						
Less Supportive	2	100	0	0	0.632	0.668 (0.439-0.735)
Support	25	56,8	10	43,2		
Health Worker Support						
Not so good	12	60,0	8	40,0	1.000	0.909 (0.278-2975)
Good	15	57,7	11	42,3		
Mother's confidence in breastfeeding						
Low	23	92,0	2	8,0	0,000	0,020 (0.003-0.125)
High	4	19,0	17	81,0		

Source: Primary Data, 2019

Based on table 2. bivariate analysis using *chi-square* test, the *P value* is smaller than $\alpha = 0.05$, indicating that there is a significant relationship between knowledge about exclusive breastfeeding and maternal confidence in breastfeeding on exclusive breastfeeding in mothers who have toddlers 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. Unrelated variables were attitude, family support, employment status and health worker support.

4. DISCUSSION

a. Relationship between Knowledge and Exclusive Breastfeeding among Mothers with 6-24 Months Old Children in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province

The results of the bivariate analysis show that there is a relationship between the level of knowledge and exclusive breastfeeding in mothers who have toddlers 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. In line with research conducted by Angraesti (2016) in Semarang district, there is a

significant relationship between maternal knowledge and exclusive breastfeeding failure¹¹. The same results were shown by Fahriani et al (2014), that the correct knowledge of mothers regarding exclusive breastfeeding was found to be significant with exclusive breastfeeding⁹. The high proportion of mothers who have correct knowledge about exclusive breastfeeding is contributed by several factors, such as effective education about exclusive breastfeeding in general in the community, and increased breastfeeding support from breastfeeding support groups¹². Another study conducted by Fariningsih et al (2022) showed that there was a significant relationship between knowledge and exclusive breastfeeding in the Tanjung Uncang Health Center Working Area¹³.

Knowledge is the result of "knowing" and this occurs after a person senses a certain object, sensing occurs through the five human senses, namely the senses of sight, hearing, smell, taste and touch. Knowledge or the cognitive domain is a very important domain in shaping a person's actions¹⁴. The mother's knowledge about exclusive breastfeeding is the result of knowing and this occurs after the mother senses a certain object. The mother's knowledge about exclusive breastfeeding has an impact on the mother's understanding of the actions that should be taken in exclusive breastfeeding for her child¹⁵.

Parents' knowledge, especially mothers' knowledge about exclusive breastfeeding, will affect a mother in providing exclusive breastfeeding to her baby, lack of knowledge about breastfeeding will be detrimental, because knowledge about breastfeeding will determine the continuity of growth and development of a child. Maternal knowledge about exclusive breastfeeding is the mother's understanding of the benefits of breast milk, the benefits of colostrum, the nutritional composition of breast milk, and the obstacles to breastfeeding.

b. Relationship between attitude and exclusive breastfeeding among mothers of 6-24 months old in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province.

In this study, the results of bivariate analysis showed that there was no significant relationship between maternal attitudes and exclusive breastfeeding among mothers of children under 6-24 months of age in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. This finding indicates that although mothers' attitudes towards exclusive breastfeeding can be positive or negative, it does not directly influence the final decision to provide exclusive breastfeeding.

The main reason that may explain why attitudes do not have a significant association with exclusive breastfeeding in this context is the complexity of factors that influence mothers' decisions to exclusively breastfeed. Previous studies have shown that the decision to exclusively breastfeed is influenced not only by maternal attitudes, but also by a range of other external factors, such as family support, access to health services, available information, and economic and social constraints.

In the context of this study, it is likely that mothers with positive attitudes towards exclusive breastfeeding still face structural or social barriers that prevent them from practicing exclusive breastfeeding, regardless of their attitudes. This is in line with the findings of Kumalasari's (2015) study, where mothers who did not support exclusive breastfeeding admitted that they did not receive complete information about the benefits of exclusive breastfeeding¹⁶. This condition is also relevant to the

findings of Fricilia (2018) which showed that in Sambas District, mothers' attitudes were not significantly associated with exclusive breastfeeding practices. In other words, there is a gap between attitudes and behaviors caused by a lack of access or support in exclusive breastfeeding practices¹⁷.

In contrast, in Wowor's (2013) study at the Bahu Health Center in Manado City, there was a significant relationship between attitude and exclusive breastfeeding¹⁸. This difference in results may be due to differences in geographical, social, or cultural contexts that affect the availability of information and support for exclusive breastfeeding. In certain areas, positive attitudes towards exclusive breastfeeding may be easier to actualize due to adequate support from family, health workers, and access to health services and information. In addition, there are various reasons for the failure of exclusive breastfeeding practices, such as the culture of giving prelacteal food, giving additional formula milk because breast milk does not come out, stopping breastfeeding because the baby or mother is sick, the mother has to work, and the mother wants to try formula milk¹⁹.

Attitude is basically an emotional response to a certain stimulus, but this attitude is not always followed by consistent action. Ajzen and Fishbein (1980) in Theory of Planned Behavior suggest that attitude is only one determinant of behavior, while intention and control over behavior also play an important role in decision making. In the context of exclusive breastfeeding, control over behavior can be the mother's ability to overcome practical obstacles in the field, such as social pressure, limited leave policies, or even the health conditions of the mother and baby themselves²⁰.

Thus, the results of this study are in line with the literature stating that attitudes towards a behavior, although important, are not always sufficient to guarantee the occurrence of the behavior, especially in complex situations such as exclusive breastfeeding practices, where many other factors come into play.

c. The Relationship Between Family Support and Exclusive Breastfeeding Among Mothers With 6-24 Months Old Children in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province.

The results of the bivariate analysis in this study showed that there was no significant relationship between family support and exclusive breastfeeding practices among mothers of toddlers aged 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. This finding shows that support from family members, such as husbands, parents, or in-laws, does not directly influence mothers' decision to provide exclusive breastfeeding.

This study is in line with the findings of Herlianty et al (2023), who also found that family support was not significantly associated with exclusive breastfeeding²¹. Different results were obtained by Lindawati (2023), who stated that lack of family support from parents or husbands can cause exclusive breastfeeding failure, family is the closest person who can influence mothers in providing support in the form of emotional, informational, instrumental and assessment support²². Kusumayanti (2017) also reported a significant relationship between family support and exclusive breastfeeding success. A mother who gets support from her husband or other family members will increase breastfeeding to her baby. Conversely, lack of support is very likely to reduce exclusive breastfeeding²³.

It can be concluded that in this study family support may not have been strong enough to overcome other barriers faced by mothers in Teluk Kapuas Village. Optimal family support should provide the emotional and physical encouragement that mothers need to exclusively breastfeed. However, in the context of this study, although mothers may have had family support, other external factors such as access to information, socioeconomic conditions and work constraints may have been barriers to exclusive breastfeeding.

d. The relationship between maternal employment status and exclusive breastfeeding among mothers of 6-24 months old in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province.

The results of the bivariate analysis showed that there was no relationship between maternal employment status and exclusive breastfeeding among mothers with toddlers 6-24 months old in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province.

This study is in line with research by Fahmi (2021) at the Rembah Samo 1 Health Center, that there is no significant relationship between maternal employment and exclusive breastfeeding²⁴. In contrast to the results shown in Murtawi's research (2021), which states that there is a relationship between employment status and exclusive breastfeeding²⁵.

Mothers who work outside the home will find it very difficult to divide their time to provide breast milk to babies who are still in dire need. Conditions like this are often mothers and parents give formula milk as a substitute for breast milk²⁶. The tendency of mothers not to provide exclusive breastfeeding is due to the large number of working mothers. In addition, this tendency also occurs because for female workers who give birth, providing exclusive breastfeeding is a dilemma, because the leave period is too short compared to the breastfeeding period, so they will give formula milk as a substitute for exclusive breastfeeding. This is also due to the lack of information on lactation management for working mothers.

The absence of a significant association in this study may be related to variations in the definition of work as well as working conditions in the study area. Not all mothers work outside the home with strict working hours or under conditions that limit their access to breastfeeding. Some mothers may work with time flexibility, or have access to facilities such as childcare centers that allow regular breastfeeding. These variations contributed to the non-significant association between maternal employment and exclusive breastfeeding in the context of this study. Future research needs to consider these factors in understanding the complexity of the relationship between maternal employment and exclusive breastfeeding.

e. The relationship between maternal self-confidence and exclusive breastfeeding among mothers with toddlers 6-24 months old in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province.

The results of the bivariate analysis showed that there was a relationship between maternal self-confidence and exclusive breastfeeding in mothers who have toddlers 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. In line with Sakinah's research (2024) that strong maternal desire and confidence to provide exclusive breastfeeding is found in most mothers who successfully provide exclusive breastfeeding²⁷.

Strong maternal confidence encourages mothers to learn new things, including breastfeeding techniques that they have not yet mastered. Maternal psychological factors have a relationship with exclusive breastfeeding. Several studies in America and Australia agree that maternal psychological factors influence exclusive breastfeeding. Positive psychological factors such as strong self-confidence, confidence in breastmilk adequacy, lack of stress and a positive attitude towards breastfeeding contribute to the success of exclusive breastfeeding²⁸.

A mother's perception of insufficient breastmilk is more psychological than biological. Mothers who perceive insufficient milk production tend to have low confidence in breastfeeding, but mothers who believe that they are capable of breastfeeding and are able to face the challenges and difficulties of breastfeeding, tend to feel that their milk production is sufficient^{29,30}. Self-confidence is an attitude or belief in one's own abilities so that one is less anxious, feels free to do things according to one's wishes and takes responsibility for one's actions, is polite in interacting with others, has an achievement drive and can recognize one's own strengths and weaknesses. High maternal self-confidence is characterized by confidence in breast milk production in order to achieve success in exclusive breastfeeding³⁰.

f. The relationship between health worker support and exclusive breastfeeding among mothers of 6-24 month old children in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province.

The results of the bivariate analysis in this study showed that there was no significant relationship between the support of health workers and exclusive breastfeeding among mothers with toddlers aged 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, West Kalimantan Province. This finding contradicts several previous studies that showed a positive correlation between health worker support and exclusive breastfeeding success. For example, research conducted by Rohemah (2020) found that there was a significant relationship between midwife support in exclusive breastfeeding, with a p value <0.05 ($p=0.038$)³¹. This finding indicates that the role of midwives is an important factor in shaping maternal behavior to successfully provide exclusive breastfeeding.

Breastfeeding mothers need ongoing support both in the early stages of breastfeeding and throughout the lactation period³². Such support can be provided by various parties, including health workers, family, and the surrounding environment. This study also strengthens the theory presented by Green (1980) in Notoadmojo (2007), which states that a person's behavior, including breastfeeding behavior, is influenced by reinforcing factors, one of which is support from health workers¹⁴.

Although this study did not find a significant association between health worker support and exclusive breastfeeding, it is important to note that support from various parties remains an essential component in successful breastfeeding. The disparity between the results of this study and previous studies may be due to variations in support approaches, accessibility of health services, and local social and cultural factors that influence mothers' decisions to exclusively breastfeed. Therefore, further research with a more comprehensive design is needed to identify other factors that may influence exclusive breastfeeding success in the region.

5. CONCLUSIONS

This study shows that exclusive breastfeeding among mothers with toddlers aged 6-24 months in Teluk Kapuas Village, Kubu Raya Regency, is influenced by several factors. The results of bivariate analysis revealed that maternal knowledge ($P = 0.031$) and maternal confidence ($P = 0.000$) had a significant relationship with exclusive breastfeeding. In contrast, support from significant others ($P = 0.632$), maternal attitude ($P = 0.454$), maternal employment status ($P = 0.756$), and support from health workers ($P = 1.000$) did not show a significant association. This indicates that maternal knowledge and confidence are the main factors in supporting the success of exclusive breastfeeding, while external support and other factors are less influential. It is recommended to conduct an intensive and structured educational program for mothers of toddlers regarding the importance of exclusive breastfeeding, with a focus on increasing maternal knowledge and confidence. This education should be conducted routinely by health workers and village cadres through posyandu or mothers' groups. In addition, the village government and health office should provide easily accessible educational materials and support breastfeeding mother support groups to build mothers' confidence in achieving exclusive breastfeeding targets according to national standards.

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Author Contribution

DW : collect and analyze data
 AR : conceptualize and design research
 M : designing and writing manuscript articles

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