

EFFECTIVENESS OF STUDENTS MENTORING IN EXCLUSIVE BREASTFEEDING IN THE DISTRICTS ACEH BESAR AND WEST ACEH

(Efektifitas pendampingan oleh siswa dalam pemberian ASI eksklusif di Kabupaten Aceh Besar dan Aceh Barat)

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ABSTRACT

Breast milk was a food source to meet all the baby's needs for nutrients. Early initiation of breastfeeding may improve survival of children, improve health status, and improve brain development and motoric. Efforts to improve the health of infants with exclusive breastfeeding can be done by involving students with the mentoring process. This studied aims to find out the level of success of mentoring by students on the provision of breastfeeding exclusive in Aceh Province. The project design was cross-sectional study with a number of subjects were 86 infant under two years. The sampling technique uses cluster sampling. Data analyses using Chi-Square test. The results of the studied found that of 43 respondents who received a breastmilk income, 76,7% gave exclusive breastfeeding and 23,3% did not give exclusive breastfeeding. Then of 43 respondents who did not get the assistance, as 53,5% gave exclusive breastfeeding, and 46,5% did not give exclusive breastfeeding. Results known to have a significant relationship between mentoring with exclusive breastfeeding ($p= 0,020$). Students mentoring is effective in increasing the provision of exclusive breastfeeding to infant under two years of age.

Keywords: Exclusive breastfeeding, infant, student assistance

ABSTRAK

ASI merupakan sumber makanan untuk memenuhi semua kebutuhan nutrisi pada bayi. Inisiasi menyusui dini dapat meningkatkan kelangsungan hidup anak-anak, meningkatkan status kesehatan, dan meningkatkan perkembangan otak dan motorik. Upaya meningkatkan kesehatan bayi dengan pemberian ASI eksklusif dapat dilakukan dengan melibatkan siswa dengan proses pendampingan. Penelitian bertujuan untuk mengetahui tingkat keberhasilan pendampingan oleh siswa tentang

pemberian ASI eksklusif di Provinsi Aceh. Desain penelitian adalah studi cross-sectional dengan jumlah subjek 86 anak di bawah dua tahun. Teknik pengambilan sampel menggunakan cluster sampling. Analisis data menggunakan uji Chi-Square. Hasil penelitian menunjukkan bahwa dari hasil pendampingan oleh siswa terdapat 76,7% yang telah memberikan ASI eksklusif. Sedangkan tidak mendapatkan pendampingan hanya sebesar 53,5% yang memberikan ASI eksklusif. Terdapat hubungan signifikan antara pendampingan dengan pemberian ASI eksklusif ($p= 0,020$). Kesimpulan, pendampingan siswa efektif dalam meningkatkan pemberian ASI eksklusif untuk bayi di bawah usia dua tahun. Saran, perlu penguatan kepada dinas pendidikan bahwa lintas sektor ini sangat bagus dalam meningkatkan kesehatan masyarakat.

Kata kunci: ASI eksklusif, bayi, pendampingan, siswa

INTRODUCTION

Exclusive breastfeeding is one of the global strategies to improve growth, development, health, and survival of infant.¹ Exclusive breastfeeding is the only food that is very optimal in quantity and quality for infant from birth to 6 months of age. Exclusive breastfeeding can improve baby's health, baby's intelligence and improve the affection of mother and baby.² Exclusive breastfeeding has many advantages and benefits from the nutritional aspects, immunological aspects, psychological aspects, intelligence aspects, economic aspects and aspects of pregnancy delay.³ Exclusive breastfeeding for up to 6 months determines

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nutritional status, morbidity, and mortality of infant. Fulfillment of nutrition that is most suitable for infant from birth to 6 months or for 180 days from the movement of the first 1000 days of life through the practice of exclusive breastfeeding.¹ The Government of Indonesia has set regulation on exclusive breastfeeding in the Republic of Indonesia Government Regulation Number 33 Article 2 of 2012. Exclusive breastfeeding arrangements aim to ensure the fulfillment of the baby's right to get exclusive breastfeeding from birth to six months of age by taking into account its growth and development. Nationally there are 19 province out of 34 province in Indonesia that have achieved the target of exclusive breastfeeding.⁴ The coverage of exclusive breastfeeding in Indonesia is still relatively low. Indonesia ranks 49th out of 51 countries with the lowest exclusive breastfeeding coverage.⁵

Aceh Province has a number of infant aged 0-6 months as many as 95.491 of them who received exclusive breastfeeding from 55.715 infant or 58,3%.⁶ The percentage of exclusive breastfeeding for the infant of 0-6 months in Aceh in 2015 was 53%, a slight decrease compared to 2014 which was 55%.⁶ The percentage of an infant with exclusively breastfeeding in 2014 in Aceh Besar Regency was 63,0% while in 2015 the percentage of an infant with exclusive breastfeeding did not increase significantly, which was only 3.828 or 64,4%.⁷ In West Aceh Regency the percentage of an infant with exclusive breastfeeding in 2016 reached 385 or 47,5%.⁸

Efforts to disseminate exclusive breastfeeding can be performed with an assistance program. Cadre assistance through weekly home visits or health centers can increase breastfeeding awareness and fulfill the baby's right to get breast milk. Assistance is expected to play a role in the success rate of exclusive breastfeeding so that it can achieve the optimal nutritional status of children. Assistance can be carried out by health workers (midwives), non-health workers (cadres/community) and midwifery students. The assistance process can start from the time of pregnancy. The results of the study of

Padmiari, et al showed that there was an effect after being mentored during pregnancy in exclusive breastfeeding.⁹

The Ministry of Health of the Republic of Indonesia has implemented an assistance program by students in 2018 in two regencies namely Aceh Besar and West Aceh. A total of 80 students were trained in the provision of ASI assistance, then placed in the Aceh Besar regency and West Aceh regency. The purpose of this study was to determine the extent of the success of student assistance to the coverage of Exclusive Breastfeeding in Aceh Besar Regency and West Aceh Regency.

METHODS

This study is a retrospective research with a quantitative approach and used a cross-sectional design. The research was conducted on May 23 to November 14, 2018 in two regencies in Aceh Province, Aceh Besar Regency in the Darul Imarah Sub-District and Blang Bintang Sub-District, West Aceh Regency in Meureubo Sub-District and Woyla Sub-District. Determination of the location of the study was carried out by cluster sampling.

The subjects in this study were all infant under two years old in two regencies in Aceh Province in 2018, namely the Aceh Besar Regencies in Darul Imarah Sub-District and Blang Bintang Sub-District, West Aceh Regencies in Meureubo Sub-District and Kuala Bhee Health Center in Woyla Sub-District. The sample in this study were all infant under two years of age 12-24 months with 86 people according to the inclusion criteria.

Data was collected using a questioner and analysis used the chi-square statistical approach in bivariate analysis. Ethical approval obtained from the Aceh Health Polytechnic Health Research Ethics Commission.

RESULTS AND DISCUSSION

Student assistance data and exclusive breastfeeding, which are presented in the following frequency distribution table:

Table 1. Variables frequency distribution of effectiveness of student assistance on exclusive breastfeeding

Research Variable	n	%
Assistance		
Students	43	50,0
Not assisted	43	50,0
Exclusive Breastfeeding		
Exclusive	56	65,1
Not exclusive	30	34,9
Total	86	100

The results of the analysis revealed that out of 86 respondents, 43 (50%) received student assistance. Then as many as 56 (65,1%) respondents gave exclusive breastfeeding to infant under two years. The result of the study to measure the relationship between student assistance and exclusive breastfeeding are presented in Table 2. This analysis used the chi square test (χ^2)

statistical test, with 95% confidence interval (CI), at a significance level of $p < 0,05$. Of the 43 respondents who gave exclusive breastfeeding, 76,7% were assisted by students and 53,5% respondents were not assisted by students. Of the 43 respondents who did not provide exclusive breastfeeding, 23,3% were assisted by students and 46,6% respondents were not assisted by students.

Table 2. Relationship of student assistance to exclusive breastfeeding in the Aceh Besar regency and West Aceh regency in 2018

Student Assistance	Exclusive Breastfeeding				Total		P value
	Exclusive Breastfeeding		Not Exclusive Breastfeeding		n	%	
	n	%	n	%			
Assisted	33	76,7	10	23,3	43	100	0,020
Not assisted	23	53,5	20	46,5	43	100	
Total	56	65,1	30	34,9	86	100	

The results of the analysis showed that student assistance had a significant relationship with exclusive breastfeeding. The relationship is evidenced by the results of the Chi-Square statistical test which showed a p-value of 0,020 which is $p < 0,05$.

The results of research conducted in the Aceh Besar Regency and West Aceh Regency in 2018 revealed that of 86 respondents as many as 43 respondents gave exclusive breastfeeding, and 43 respondents did not give exclusive breastfeeding. Of the 43 respondents who gave exclusive breastfeeding, 33 (76,7%) were assisted by students and 23 (53,5%) respondents were not assisted by students. Of the 43

respondents who did not provide exclusive breastfeeding, 10 (23,3%) were assisted by students and 20 (46,6%) respondents were not assisted by students. There was a relationship between student assistance and exclusive breastfeeding. The relationship was evidenced by the results of the Chi-Square statistical test which showed a p-value of 0,020 which is $p < 0,05$.

In several studies, it was found that there were facts that influenced exclusive breastfeedings such as inadequate breast milk, economic status, and assistance. The reason most mothers stop breastfeeding was inadequate breast milk.¹⁰ Inadequate breast milk generally

leads to the wrong perception of the mother and lack of knowledge about the normal baby. Some research results showed that family economic status was negatively related to the practice of exclusive breastfeeding. High socioeconomic levels allow mothers to buy formula milk or breast milk substitutes easily.¹¹

The results of the study in Nigeria showed that mothers with a high level of family income had the possibility of giving exclusive breastfeeding 1,2 times higher than mothers with a low level of family income.¹² Mothers with high family economic status may have high levels of education, easy access to media and health services and can increase the awareness of breastfeeding.¹³

The existence of student assistants can function as a health care provider through health education, nutrition socialization, and treatment. The results of Lewin et al's research, assistance for mothers can provide benefits especially in improving infant health through care for infants, immunization, promoting breastfeeding, and in an effort to reduce the morbidity and mortality of infants and toddlers. The participation of cadre can increase maternal knowledge and improve the health of infants. Study of Mbuya et al. stated that knowledge of mentors can encourage success in increasing maternal knowledge. Education or advice from health workers related to the practice of exclusive breastfeeding.¹⁴

Breastfeeding-related education provided by health workers can increase breastfeeding awareness but does not guarantee that it can improve breastfeeding skills properly.¹⁵ This is because the information provided by health workers is incomplete, inconsistent and contrary to what it should be.¹⁶ Haider et al. recommended the need for counseling techniques used to support exclusive breastfeeding. According to information on exclusive breastfeeding education can be performed through counseling and assistance. Counseling and assistance can be performed by explaining the advantages of exclusive breastfeeding.¹⁷ Exclusive breastfeeding counseling given to mothers can change their understanding and knowledge towards better. The counseling implementation supported by

the use of media will have a positive influence in increasing their knowledge and understanding of exclusive breastfeeding.¹⁸

CONCLUSION

Students mentoring is effective in increasing the provision of exclusive breastfeeding to infant under two years of age. Suggestion, provide hospital and health facilities based capacity to support exclusive breastfeeding. Mentoring of women pregnant until to the puerperium can to improve exclusive breastfeeding rate, including the implementation of campaigns about Mother's Child Health book utilization.

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