

## The Relationship of Family Support With Mother's Motivation in Exclusive Breast Milk in 1-6 Months Old Babies During Pandemic Covid 19 in Sidotopo Wetan Surabaya

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### ABSTRACT

Mother's motivation is very decisive in exclusive breastfeeding for 6 months. A mother who has good motivation will continue to try to breastfeed her baby. The purpose of this study was to analyze the relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months in Sidotopo Wetan Village, Surabaya. Analytical research design with a cross sectional approach with a research sample of 80 nursing mothers respondents in Sidotopo Wetan Surabaya Village were selected using quota sampling. The instrument used is a questionnaire on family support and mother's motivation. Data analysis using Spearman Rho test. The results showed that family support for breastfeeding mothers in Sidotopo Wetan Surabaya, resulted in 51 people (63.8%) being categorized as low, while the motivation of mothers in breastfeeding in Sidotopo Wetan showed that 55 people (68.8%) had moderate motivation. It can be concluded that there is a relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months during the pandemic in Sidotopo Wetan Village, Surabaya. ( $p = 0.001$ ) Support from other people or those closest to them plays a very important role in the success or failure of exclusive breastfeeding. With high family support, it affects the mother's motivation in exclusive breastfeeding for infants aged 1-6 months. With the implication of health workers to provide education that support from the family is very important in exclusive breastfeeding

**Keywords:** Family Support; Mother's Motivation; Exclusive Breastfeeding.

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### INTRODUCTION

Breastfeeding is one of the World Health Organization (WHO) programs that are intensified to reduce child morbidity and mortality (WHO, 2014). Exclusive breastfeeding is breastfeeding that is given to babies from birth for six months, without adding and/or replacing with other foods or drinks (except drugs, vitamins, and minerals. Nationally, the coverage of babies getting exclusive breastfeeding in 2020 is 66.06 % (Depkes RI, 2020). A mother's motivation is very decisive in exclusive breastfeeding for 6 months. With good motivation, a mother will continue to try and try to breastfeed her baby (Sulistiyorini, 2017). Failure to breastfeed can hinder the development of the baby's intelligence, the impact can

also cause the baby to contract chronic diseases more quickly such as cancer, heart disease, hypertension, and diabetes as an adult. The possibility of children suffering from malnutrition and obesity. (Laila, 2011)

Nationally, the coverage of infants receiving exclusive breastfeeding in 2020 is 66.06%. This figure has exceeded the 2020 Strategic Plan target of 40%. The highest percentage of exclusive breastfeeding coverage is in West Nusa Tenggara Province (87.33%), while the lowest percentage is in West Papua Province (33.96%). There are four provinces that have not yet reached the 2020 Strategic Plan target, namely Maluku and West Papua. The coverage of breastfeeding for infants aged 0-6 months in East Java Province is 63.69% (Riskesdas, 2018). The coverage of breastfeeding for infants aged 0-6 months in East Java Province increased to 80.00% in 2020. (Depkes RI, 2020)

Mother's motivation in exclusive breastfeeding is still relatively low which can be caused by low levels of education and knowledge, reasons for work and beliefs, breast milk does not come out, fear of sore and swollen nipples. Family factors can also be the cause, for example a lack of caring attitude, lack of support in exclusive breastfeeding, health workers who do not promote lactation management, mothers who are affected by the promotion of formula milk, or it could be from negative socio-cultural influences. (Depkes RI, 2005). Family support, especially the husband, will have an impact on increasing the mother's self-confidence or motivation in breastfeeding (Support & Exclusive, 2020). An understanding of the importance of good exclusive breastfeeding can lead to motivation that will lead to planning and implementing exclusive breastfeeding (Prasetyo, 2012).

Family support, especially the husband, can determine the success or failure of breastfeeding, because the husband's support will create a sense of comfort for the mother so that it will affect breast milk production and increase enthusiasm and a sense of comfort in breastfeeding (Muthoharoh and Ningsih, 2019). Provide counseling about exclusive breastfeeding to children. All post partum mothers by health workers will increase mother's knowledge of the importance of breastfeeding for babies. The general purpose of this study was to determine the relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months during a pandemic in Sidotopo Wetan Village, Surabaya

## **METHOD**

**Study Design** This research is a correlational analytic observational study using a cross sectional approach. The independent variable in this study is Family Support. The dependent variable is the motivation of breastfeeding mothers. The population in this study were breastfeeding mothers in the Sidotopo Wetan Village, Surabaya, amounting to 98 people, the sample used in this study was 80 people with purposive sampling technique. With the Inclusion Criteria for breastfeeding mothers aged 1-6 months who live in Sidotopo Wetan Village, Surabaya, breastfeeding mothers are willing to be respondents, with the exclusion criteria for breastfeeding mothers who are not at home, breastfeeding mothers who resign.

The instrument used in this study was a questionnaire. The questionnaire used by the researcher consisted of 3 parts, namely demographic data, family support questionnaire, and motivation questionnaire. The instrument for measuring family support using a questionnaire was adopted from research (Laela Anjarsari, 2017). using a Likert scale with 19 questions containing informational support, questions about emotional support, questions about instrumentals, questions about assessment. The instrument for measuring Mother's Motivation uses a questionnaire adopted from research (Agrippina Novia Siregar, 2018) with 15 questions. questions about exclusive breastfeeding, which contain questions about exclusive breastfeeding at work, mother's belief in exclusive breastfeeding, anxiety when mothers give exclusive breastfeeding. All instruments have been tested for validity and reliability by researchers. Before taking the data, the researcher submitted an application for permission to the BAKESBANGPOL of Surabaya City to conduct research in Sidotopo Wetan Village, Surabaya. Then the researcher submitted an application for a research permit to the Head of the Sidotopo Wetan Village, Surabaya. After that, data collection was carried out directly on Posyandu activities and door to door by way of the researcher giving informed consent and explaining to the respondents instructions on how to fill out the questionnaire. The researcher distributed questionnaires with the technique of collecting predetermined respondents and asked respondents to fill out consent forms and questionnaires. Univariate analysis of demographic data was carried out by tabulating the frequency distribution, while to determine the relationship between family support and mother's motivation in exclusive breastfeeding, a bivariate analysis was performed using the Spearman correlation test. The researcher conducted an ethical test conducted by STIKES Hang Tuah Surabaya.

## FINDING AND DISCUSSION

### 1. Characteristics of respondents by age

Table 1 Characteristics of Respondents by Age

Age	n	%
<20 years	13	16,2%
20 - 35 years	64	80,0%
>35 years	3	3,8%
Total	80	100%

Based on table 1 shows that from 80 respondents, most of the respondents aged 20-35 years were 64 people (80.0%), aged <20 years were 13 people (16.2%) and aged >35 years were 3 people (3,8%).

### 2. Characteristics of respondents based on education

Table 2 Characteristics of Respondents Based on Education

Pendidikan	n	%
No School	14	17,5%
Primary school	23	28,8%
Junior high school	25	31,2%
Senior High School	18	22,5%

Total	80	100%
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Based on table 2 shows that of the 80 respondents, most of the respondents had junior high school education as many as 25 people (31.2%), elementary education as many as 23 people (28.8%) and high school education as many as 18 people (22.5%) as many as 14 people (17.5%).

### 3. Characteristics of respondents by occupation

Table 3 Characteristics of Respondents by Occupation

Profession	n	%
Housewife	41	51,2%
Private employees	22	27,5%
Trader	17	21,2%
Total	80	100%

Based on table 3, it shows that from 80 respondents, most of the respondents worked for IRT as many as 41 people (51.2%), the work of private employees as many as 22 people (27.5%) and the work of traders as many as 17 people (21.2%).

### 4. Characteristics of respondents based on Family Support

Table 4 Characteristics of Respondents Based on family support

Family support	n	%
High	29	36,2%
Low	51	63,8%
Total	80	100%

Based on table 4 shows that from 80 respondents, 51 people (63.8%) had low family support and 29 people (36.2%) had high family support.

### 5. Characteristics of respondents based on Mother's Motivation

Table 5 Characteristics of Respondents Based on Mother's Motivation

Mother's Motivation	n	%
High	1	1,2%
Medium	55	68,8%
Low	24	30,0%
Total	80	100%

Based on table 5 shows that from 80 respondents, 55 people (68.8%) had moderate mother motivation, 24 people (30.0%) had low mother motivation and 1 person (1.2%) had high motivation.

## 6. The Relationship Between Family Support and Mother's Motivation

Table 6 Cross-tabulation The relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months during the pandemic in Sidotopo Wetan Village, Surabaya.

Family support	Mother's Motivation						Total	
	High		Medium		Low		N	%
	n	%	n	%	n	%		
High	1	1,2%	26	32,5%	2	2,5%	29	36,2%
Low	0	0%	29	36,2%	22	27,5%	51	63,8%
Total	1	1,2%	55	68,8%	24	30,0%	80	100,0%

Statistik Test value *Spearman rho* ( $\rho = 0,001$ )

Based on table 6 shows that respondents who have high family support as many as 29 respondents have high maternal motivation as many as 1 respondent (1.2%) has moderate mother motivation as many as 26 respondents (32.5%) have low maternal motivation as many as 2 respondents (2, 5%). While mothers who have low family support as many as 51 respondents have high motivation 0 respondents (0%) have moderate mother motivation as many as 29 respondents (36.2%) have low mother motivation as many as 22 respondents (27.5%). The results of this study indicate  $p = 0.001$  that there is a relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months during the pandemic in Sidotopo Wetan Village, Surabaya.

Family support is as verbal or non-verbal information, advice, real help or behavior given by people who are familiar with the subject in their environment or in the form of presence and things that can provide emotional benefits. Family support affects the behavior of the recipient, so that family support can be one of the success factors for exclusive breastfeeding. Things that affect family support include gender, age, education level, occupation (Support and Exclusive, 2020).

The results of the cross tabulation between family support and junior high school education were 25 people. The majority of respondents have a junior high school education of 31.2%. Junior high school education is included in the low level of education. According to (Notoatmodjo, 2003) that the level of education will affect the absorption of respondents to the information received. The higher the level of education, the easier it is to receive information that is absorbed by the respondent.

Based on the results of research, families rarely guide mothers to give exclusive breastfeeding to babies up to 6 months and tend to let them. Some respondents gave their babies formula milk and other foods such as porridge at the age of 3 months

Based on research data from a total of 80 respondents, 1 person (3.4%) had high motivation, 26 people (89.7%) had moderate mother motivation, 1 person (3.4%) and 2 people (6.9 %) have low motivation. Mothers give breast milk to their babies even though they are tired after doing daily work. However, this is not in accordance with the theory that the type of mother's work is not related to breast milk production in this study because even though they have different workloads, all types of work produce the same effect on

the mother's physical and psychological condition (Rahmawati and Prayogi, 2017). This is in line with research from (Sihombing, 2018) entitled Relationship between Mother's Employment and Education with Exclusive Breastfeeding in the Work Area of the Hinai Kiri Health Center in 2017 with 31 respondents each time on leave for working mothers will affect exclusive breastfeeding to their babies. Working mothers tend to give formula milk to their babies, this is due to the reduced time for breastfeeding and the lack of knowledge of mothers about breastfeeding for working mothers.

Based on the results of the Spearman rho statistical test using the SPSS application, the value of  $p = 0.001$  showed the relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months during the pandemic in Sidotopo Wetan Village, Surabaya.

Family support is the external factor that has the biggest influence on the success of exclusive breastfeeding. The existence of family support, especially husbands, will have an impact on increasing the mother's self-confidence or motivation in breastfeeding. A mother's motivation is very decisive in giving exclusive breastfeeding for 6 months. Family encouragement and support are the determinants of motivating mothers to breastfeed. This support greatly affects the mother's motivation in exclusive breastfeeding. The higher the family support, the better the mother's motivation for success in exclusive breastfeeding for babies. (Suririnah, 2009)

Based on the results of the study, there were 29 people who had high support with low motivation as many as 22 people, the better the support provided by the family, the better the attitude of the mother in exclusive breastfeeding to the baby. Mothers get information from the family in the form of advice, providing sufficient information related to exclusive breastfeeding so that mothers are motivated to give exclusive breastfeeding to babies. The motivation of mothers is low as many as 22 people, this is because the family does not provide support for mothers in exclusive breastfeeding.

## **CONCLUSION**

Based on data obtained from all respondents, the level of Family support for mothers in exclusive breastfeeding in the Sidotopo Wetan Village, Surabaya, was found to be in the low category. Mother's motivation to breastfeed in Sidotopo Wetan Village, Surabaya, was found in the medium category. There is a relationship between family support and mother's motivation in exclusive breastfeeding for infants aged 1-6 months during the Pandemic in Sidotopo Wetan Village, Surabaya.

The results of this study are expected to be input for families and mothers in exclusive breastfeeding for infants and can provide input for nursing practitioners about family support for mother's motivation in exclusive breastfeeding

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