

Edukasi Menyusui Dini Untuk Memperkuat Komitmen Ibu Hamil Terhadap Menyusui Eksklusif

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Abstract

Early initiation of breastfeeding (IMD) is a simple intervention that can significantly improve neonatal outcomes significantly by reducing the risk of neonatal mortality, and is also very helpful for in the continuation of exclusive breastfeeding and prolonged breastfeeding period. The purpose of this community service is to increase the commitment and motivation of pregnant women to perform early breastfeeding initiation immediately after delivery, with the aim of starting exclusive breastfeeding. This community service was conducted at Tanjung Primary Clinic, Mekarsari Village, Delitua District, Deli Serdang. A total of 25 pregnant women were involved as participants in this community service. The activity began with giving a pretest through a questionnaire about knowledge of Early Breastfeeding Initiation and Exclusive Breastfeeding and then measuring vital signs and providing counselling material on Early Breastfeeding Initiation, Exclusive Breastfeeding, breast milk storage, breastfeeding technique training, and preparation of baby food menus > 6 months. This community service activity was carried out 3 times regularly once a week. Then the participants will be given a questionnaire again as a posttest. The results of measuring the knowledge questionnaire of pregnant women about early initiation of breastfeeding and exclusive breastfeeding at pre-test showed good knowledge of 7 people (28%) and still insufficient knowledge of 9 people (36%). After the training, the knowledge of the pregnant women increased, with 21 having good knowledge and 4 having sufficient knowledge. Measurement of breastfeeding technique demonstration obtained the results of 82% (21 people). The provision of material on early initiation of breastfeeding and breastfeeding is important for mothers to get early in relation to the continuation of exclusive breastfeeding. It is hoped that the mothers interviewed in this community service will become agents of change for other mothers to disseminate correct information about exclusive breastfeeding.

Keyword: early initiation of breastfeeding, exclusive breastfeeding, education.

Abstrak

Inisiasi Menyusui Dini (IMD) merupakan intervensi sederhana yang secara signifikan dapat meningkatkan hasil kesehatan neonatal dengan mengurangi risiko kematian bayi baru lahir. IMD juga sangat mendukung kelanjutan pemberian ASI eksklusif serta memperpanjang periode menyusui. Tujuan dari pengabdian kepada masyarakat ini adalah untuk meningkatkan komitmen dan motivasi ibu hamil untuk melakukan inisiasi menyusui dini segera setelah melahirkan dengan tujuan memulai pemberian ASI eksklusif. Kegiatan pengabdian ini dilaksanakan di Klinik Pratama Tanjung, Desa Mekarsari, Kecamatan Delitua, Kabupaten Deli Serdang. Sebanyak 25 ibu hamil terlibat sebagai peserta dalam pengabdian ini. Kegiatan dimulai dengan pemberian pre-test berupa kuesioner mengenai pengetahuan tentang Inisiasi Menyusui Dini dan ASI Eksklusif, dilanjutkan dengan pengukuran tanda vital, pemberian materi konseling tentang Inisiasi Menyusui Dini, ASI Eksklusif, penyimpanan ASI, pelatihan teknik menyusui, serta penyusunan menu makanan bayi >6 bulan. Kegiatan pengabdian ini dilakukan sebanyak tiga kali secara rutin setiap minggu. Setelah itu, peserta diberikan kuesioner kembali sebagai post-test. Hasil pengukuran kuesioner pengetahuan ibu hamil tentang inisiasi menyusui dini dan ASI eksklusif pada pre-test menunjukkan bahwa 7 orang (28%) memiliki pengetahuan baik dan 9 orang (36%) masih memiliki pengetahuan kurang. Setelah pelatihan, pengetahuan ibu hamil meningkat menjadi 21 orang dengan pengetahuan baik dan 4 orang dengan pengetahuan cukup. Pengukuran demonstrasi teknik menyusui menunjukkan hasil sebesar 82% (21 orang). Pemberian materi tentang inisiasi menyusui dini dan menyusui penting diberikan kepada ibu sejak dini untuk mendukung kelangsungan pemberian ASI eksklusif. Diharapkan ibu-ibu yang menjadi peserta dalam kegiatan pengabdian ini dapat menjadi agen perubahan bagi ibu lainnya untuk menyebarkan informasi yang benar tentang ASI eksklusif.

Kata kunci: inisiasi menyusui dini, ASI eksklusif, edukasi.

INTRODUCTION

Breastfeeding can reduce the incidence of infant diarrhoea, neonatal sepsis and pneumonia. In general, optimal breastfeeding can prevent one under-five death each year. Breastfeeding newborns has important implications for current and future health, especially in developing countries. Globally, only two in five newborns are breastfed within the first hour of life. Early breastfeeding initiation practices vary from country to country. The aim of this community service is to increase the commitment and motivation of pregnant women to initiate early breastfeeding immediately after delivery, with the aim of initiating exclusive breastfeeding.

Early Breastfeeding Initiation rates in Indonesia are still relatively low. According to Riskesdas data in 2018 and Indonesian Standardised Nursing Diagnosis (2017), among children less than 2 years old, only

57% of infants were breastfed within one hour of birth. 2 years old, only 57% of infants were breastfed within one hour after birth. While those who 61% were immediately placed on the mother's chest and 60% had skin-to-skin contact with the mother. At Indonesia, only 1 in 2 infants under 6 months of age are exclusively breastfed and only slightly more than 5% of children are exclusively breastfed and only slightly more than 5% of children are still breastfed at 23 months of age. This explains that almost half of all Indonesian children do not receive the nutrition they need during the first 2 years of life. they need during the first 2 years of life. More than 40 per cent of infants are introduced to complementary foods too early, before they before they reach 6 months of age, and the foods provided often do not meet the nutritional needs of infant's nutritional needs of the baby (WHO, 2023). terdapat pengaruh pelaksanaan inisiasi menyusui dini (IMD) dengan kejadian stunting

The practice of implementing IMD is related to the continuity of mothers in breastfeeding. The practice of breastfeeding in Indonesia is quite diverse. Nandini's study (2017), getting primiparous mothers; Especially in primipara mothers, adolescents are more likely to practice non-optimal breastfeeding than multiparous mothers. Obtained mothers with primigavide, 7% of participants removed colostrum and most participants (56%) did not have adequate information about optimal breastfeeding (Nandini et al., 2018). A study in Rembang by Qomariah (2016) found that mothers do not exclusively breastfeed because mothers feel that breastfeeding is not enough for their babies and babies always cry. The percentage of exclusive breastfeeding for infants less than 6 months old in North Sumatra is still low compared to other provinces, even ranked third lowest after Gorontalo and Central Kalimantan. With optimal breastfeeding, it can save mothers from the cost of purchasing formula milk (Qomariyah, 2016).

METHODS

Community service activities are carried out in the working area of Mekar Sari Village, Delitua District, Deliserdang Regency with the aim of, among others: increasing the knowledge of trimester III pregnant women about Early Breastfeeding Initiation and exclusive breastfeeding and baby food menus after 6 months, motivating pregnant women to commit to implementing Early Breastfeeding Initiation and exclusive breastfeeding after childbirth. This activity will be carried out on 25 pregnant women in the third trimester at meetings 1 and 5. The activity will begin with the provision of knowledge questionnaires for Early Breastfeeding Initiation and Exclusive Breastfeeding, vitalsign measurement and providing counseling materials on Early Breastfeeding Initiation, Exclusive Breastfeeding, breast milk storage, baby food menu, then vitalsign measurement, training on breastfeeding techniques, preparation of baby food menus >6 months, training on breastfeeding techniques, preparation of baby food menus for pregnant women, interactive discussions on breastfeeding problems carried out 3 times regularly 1 x a week, then given a questionnaire (post test) to determine the level of knowledge Early Breastfeeding Initiation and Exclusive Breastfeeding after regular provision of material and training, Then the mother is assessed for the ability to perform breastfeeding techniques correctly.

RESULTS

Community service regarding Early Breastfeeding Initiation was carried out on 25 pregnant women in the working area of Mekar Sari Village, Delitua District, Deliserdang Regency who followed the process before and after attending Early Breastfeeding Initiation training as an exclusive breastfeeding reinforcement. Community service activities that have been carried out in the form of counseling on Early Breastfeeding Initiation, Exclusive Breastfeeding, breastfeeding techniques & breastfeeding problems, breast milk storage, baby food menu 5 times were carried out to 25 pregnant women in the working area of Mekar Sari Village, Delitua District, Deliserdang Regency and obtained the following results:

1. Knowledge

Knowledge before and after training is obtained, as shown in table 1. Based on table 1, it shows that before counseling was given, 9 (36%) respondents had less knowledge and sufficient knowledge. After the training, the results were obtained that there was an increase in knowledge as many as 4 (16%) respondents had sufficient knowledge, and as many as 21 (84%) respondents had good knowledge.

Table 1. Overview of Knowledge of Pregnant Women Before and After Training

Variable Knowledge	Before		After	
	n	%	n	%
Good	7	28	21	84
Enough	9	36	4	16
Less	9	36	-	-
Total	25	100	25	100

2. Breastfeeding Techniques

After counseling on breastfeeding technique demonstrations, the following results were obtained:

Table 2. Redemonstration of Breastfeeding Techniques

Variable Skills	Breastfeeding Techniques	
	n	%
Less Satisfactory	5	20
Satisfactory	20	80
Total	25	100

Based on table 2, it was found that after counseling on breastfeeding technique demonstrations, 20 pregnant women (80%) were given satisfactory results at the early breastfeeding initiation training as exclusive breastfeeding strengthening for third trimester pregnant women at Pratama Tanjung Clinic, Mekar Sari Village, Delitua District, Deliserdang Regency.





Figure 1. outreach activities and demonstrations of the correct way to breastfeed

DISCUSSION

The results of measuring knowledge about exclusive breastfeeding for 25 pregnant women before counseling were given the results that respondents had less knowledge and sufficient knowledge. After counseling, the results were obtained that there was an increase in knowledge as many as 4 (16%) respondents had sufficient knowledge, and as many as 21 (84%) respondents had good knowledge. This is in accordance with research conducted by (Faridah S, 2017, Kambara L dkk, 2021)) showing that there are differences in the level of knowledge of respondents before and after counseling about exclusive breastfeeding. This is in accordance with the theory that states that health counseling is an activity or effort to convey health messages to communities, groups, or individuals in the hope of gaining knowledge about health (Notoatmodjo, 2010)

Before being given training in the form of material on Early Breastfeeding Initiation and Exclusive Breastfeeding, breast milk storage, baby food menu, pregnant women did not know that when the baby cried hungry and had to be given solid food, and giving ordinary drinking water was no longer exclusive breastfeeding. After being given training, the mother's knowledge has increased.

The results of measuring knowledge in community service play a role in changing behavior, that knowledge is included in predisposing factors that have an influence on the behavior carried out (Faridah S, 2017). The results of Sukaisi's research (2022) obtained by pregnant women who were assisted by Early Breastfeeding Initiation in the form of providing leaflets, videos, and Early Breastfeeding Initiation materials can increase mothers' knowledge about exclusive breastfeeding. Knowledge of Early Breastfeeding Initiation is important in the practice of breastfeeding. Antenatal education about breastfeeding should be delivered periodically (Sukaisi, 2024). The implementation of Early Breastfeeding Initiation is a procedure in childbirth care. It is important to provide early antenatal and postpartum education as well as breastfeeding counseling, to improve mothers' attitudes and knowledge towards breastfeeding practices in the community (Dukuzumuremyi J P C, Acheampong K, 2020)

Nandini's (2017) study obtained mothers with primigavida revealed 7% of participants discarded colostrum and most participants (56%) did not have adequate information about optimal breastfeeding (Nandini et al., 2018). Starting breastfeeding after the first hour of birth is at risk of multiple neonatal deaths. Smith's study of infants who began breastfeeding 2-23 hours after birth had a 33% greater risk of neonatal death than infants who began breastfeeding in the first 1 hour of birth, while infants who began breastfeeding for more than 24 hours had an 85% risk of neonatal death than infants who breastfed less than 24 hours (Smith et al., 2017).

Table 2 found that after counseling on breastfeeding technique demonstrations, 20 pregnant women (80%) were given satisfactory results at the Early Breastfeeding Initiation Training as Exclusive Breastfeeding Reinforcement for Third Trimester Pregnant Women at Pratama Tanjung Clinic, Mekar Sari Village, Delitua District, Deliserdang Regency. In this community service activity, discussions were also held on issues surrounding breastfeeding, including payudata blisters, spitting.

The correct breastfeeding technique is by the way the mother gives milk to her child by paying attention to the attachment and correct position, so that the mother's nipples do not blister or hurt during breastfeeding and the baby feeds comfortably and does not spit up. The benefits of the correct breastfeeding technique are that the nipple milk is not blistered, the attachment of breastfeeding to the baby is strong, the baby becomes calm and does not spit up (Wahyuningsih, 2019).

CONCLUSIONS

Many mothers lack knowledge and support regarding proper breastfeeding techniques. This includes crucial aspects such as the benefits of breast milk, the physiology of milk production and flow, ideal breastfeeding positions, and ensuring a good latch for effective feeding. Without this understanding, infants may not receive optimal nutrition, potentially contributing to stunted growth. Factors like early initiation of breastfeeding, frequent nursing sessions, complete breast emptying, proper positioning, and the baby's ability to latch effectively all play a significant role in adequate breast milk intake.

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