

OVERVIEW OF PRIMIPARA MOTHER'S KNOWLEDGE ABOUT ASI STORAGE IN TPMB NANIK KEDIRI DISTRICT

Ratih Kusuma Wardhani ¹, Heppy Rina Mardiana ²
Ratna Feti Wulandari³

^{1,2} Poltekkes Kemenkes Malang, Malang, Indonesia

³ Sekolah Tinggi Ilmu Kesehatan Pamenang, Kediri, Indonesia

Correspondence address:

Malang and Indonesia

Email : deena.luv321@gmail.com

Mobile phone : 082232702986

Abstract

Background: Breastfeeding is one of the contributions to the health, growth and development of newborns, infants and children. Based on WHO data, coverage of exclusive breastfeeding will decrease in 2022 compared to 2021. This condition is caused by a lack of knowledge about good and correct management of breast milk, especially breast milk storage. The aim of this research is to determine the description of Primiparous Mothers' knowledge about breast milk storage. **Method:** The research design used a descriptive cross-sectional approach, the research sample was 20 primiparous mothers in the TPMB Nanik Tulungrejo Village, Pare District, Kediri Regency. The variable studied was knowledge about breast milk storage. Data was collected using a questionnaire and analyzed using frequency distribution tables and cross tabulation. **Result:** The research results obtained from 20 respondents and showed that the majority were well-informed mothers (45%), exclusively breastfeeding mothers (65%). The results of the overall data analysis can be concluded that there is a picture of primiparous mothers' knowledge about storing breast milk. **Conclusion:** Breastfeeding mothers need support from family and society so they need information according to their level of education and knowledge, or to facilitate understanding of the importance of storing breast milk correctly and appropriately.

Keyword : *Knowledge, Breast Milk Storage, Exclusive Breast Milk*

INTRODUCTION

Breastfeeding is a contribution to the health, growth and development of newborns, infants and children. The benefits will be greater if breastfeeding is started in the first hour after birth, when the baby needs food and without additional milk (Aboul-Enein, 2023). Mother's milk (ASI) as a natural food is the best food that a mother can give

to her baby. Breast milk contains various nutrients that are very necessary for the growth and development of babies. Apart from that, breast milk is also produced according to the baby's body's needs, which change over time. Breast milk also contains protective substances that can protect babies from various infectious diseases. Giving breast milk to babies also has a tremendous



emotional influence which influences the inner relationship between mother and child as well as the child's mental development (Carr LE, 2021 & WHO, 2020).

Apart from the obvious nutritional richness of breast milk, breastfeeding also protects babies from death and morbidity. Babies who are exclusively breastfed are likely to suffer from diarrhea and respiratory infections in only a quarter of the cases suffered by babies who are not breastfed (WHO, 2019 & Oyedibu, 2023). Another benefit of breastfeeding is that it can reduce the risk of post-partum hemorrhage and reduce the risk of breast and ovarian cancer (Ruiz, 2023 & Del Ciampo, 2018).

Based on WHO in 2023, Indonesia's exclusive breastfeeding coverage in 2022 was recorded at only 67.96%, down from 69.7% in 2021, indicating the need for more intensive support so that this coverage can increase. However, data based on the East Java Central Statistics Agency (BPS) shows that in 2022 the percentage of babies aged up to 6 months who receive exclusive breast milk will be 69.72%. Plus, the

percentage of new babies born who received Early Breastfeeding Initiation (IMD) was 69.22%. This data is based on information from the Ministry of Health. Mothers feel anxious when storing expressed breast milk, because they are worried about changing the nutritional content of the stored breast milk and there are still many parents who don't know about good and correct management of breast milk. Storing breast milk incorrectly and for too long can reduce the quality of breast milk and will harm the baby's health.

Based on the statements and data above, concern for breastfeeding mothers and children must be built together starting from the immediate environment, and the existence of an important health promotion strategy, the aim of which is to promote an environment that supports women to breastfeed - including support in the community and place. work, with adequate protection in government policies and laws - as well as sharing information about the benefits and strategies of breastfeeding, the researcher wants to conduct research on the description of working

primiparous mothers' knowledge about breast milk storage.

METHOD

The research design uses a descriptive method using a correlation study approach and a cross sectional approach, namely an approach using observation or data

collection at the same time. The sample in this study was all 20 primiparous mothers working at TPMB Nanik Pare Kediri. The research instrument used a questionnaire and a consent form, a questionnaire that asked about working primiparous mothers' knowledge about breast milk storage.

RESULT

Respondent Characteristics

Table 1. Frequency Distribution of Respondent Characteristics

Respondent	n	%
Age		
≤ 20 Tahun	2	10
21– 30 Tahun	17	85
>30 Tahun	1	5
Education		
Elementary school	0	0
Junior high school	4	20
Senior high school	10	50
Academic	6	30
Profession		
ASN	5	25
BUMN	3	15
Farmer	2	10
Trader	1	5
private employees	7	35
Store Employees	2	10

Build upon the characteristics of the age respondents studied, the majority were 20-30 years old. The majority of respondents' education was high school, namely 50%. Most respondents work as private employees, reaching 35%.

Univariate Analysis

- Primiparous Mothers' Level of Knowledge about Breast Milk Storage

Table 2. Frequency Distribution of Mother's Knowledge Level about Breast Milk Storage

Knowledge	n	%
Good	9	45
Enough	5	25
Less	6	30
Amount	20	100

If we look at the mother's knowledge, it shows that of the 20 primiparous mothers, the majority are 9 people who have good knowledge (45%) and there are still 6 people who are less knowledgeable (30%).

b. Exclusive Breastfeeding

Table 3. Exclusive breastfeeding

Exclusive breastfeeding	n	%
Yes	13	65
No	7	35
Amount	20	100

Build upon data, the majority have provided exclusive breast milk, 13 respondents (65%)

c. Cross Tabulation

Table 4. Cross table of Primiparous Mothers' Knowledge about Storing Breast Milk with Exclusive Breastfeeding

Knowledge	Exclusive breastfeeding				Amount	
	Yes		No			
Less	2	33%	4	67%	6	100%
Enough	5	100%	0	0	5	100%
Good	6	67%	3	33%	9	100%
Amount	13	65%	7	35%	20	100%

Build upon the data, it shows that mothers who have good knowledge do not provide exclusive breastfeeding as many as 3 mothers (33%), while respondents who have less knowledge do not provide exclusive breastfeeding as many as 4 mothers (67%).

DISCUSSION

Based on the data, it shows that 45% of Primipara mothers already have good knowledge, but there are still 35% of mothers who do not breastfeed exclusively. The conditions of mothers who do not breastfeed exclusively based on the questionnaire are as follows: 1)

working mothers, 2) do not understand the correct storage of breast milk, and 3) breast milk does not come out. This condition can be suppressed if the mother has good knowledge. This statement is in line with the theory that a person's knowledge is influenced by several other factors, namely: experience,

information sources, social environment, economy, exposure to mass media, and intelligence (Achmadi, 2015).

Knowledge is a domain that is quite important in determining behavior. Behavior that is based on knowledge, awareness and positive attitudes will be more lasting. Good knowledge will make it easier for someone to change behavior, including the practice of storing breast milk to practice exclusive breastfeeding. The mother's behavior in providing exclusive breastfeeding is caused by factors that cause behavior, one of which is knowledge, where this factor becomes the basis or motivation for individuals in making decisions (Assriyah, 2020).

In pursuance of Notoadmojo (2010) states that science is a vehicle to base a person's thinking scientifically, while the level depends on the person's knowledge or basic education to gain knowledge from school, or their environment. With the knowledge gained, a person will be able to understand a problem. The higher a person's level of knowledge, the better their adaptation in storing breast milk for breastfeeding.

Knowledge is the result of "knowing" and this occurs after people sense a particular object through sight, hearing, smell, taste and touch. Most of it is acquired through the eyes and ears. Meanwhile, attitude is a person's reaction or response that is still closed to a stimulus or object.

Storing breast milk is an activity carried out and related to holding and storing breast milk products that have been expressed from the time they are produced until the time they are given to the baby. 20 Most mothers consider storing breast milk to be an easy activity, but many mothers do not pay attention to the rules for storing breast milk, because if storing breast milk does not comply with guidelines or regulations. Stored breast milk is actually dangerous for the baby and contains bacteria. Therefore, mothers must pay attention to the storage container, cleanliness and how to provide the stored breast milk to the baby, as well as the shelf life of the stored breast milk. This is intended so that the breast milk that mothers store does not go to waste (Algusri, 2018).

CONCLUSION AND SUGGESTION

The majority of primiparous mothers' knowledge about breast milk storage at TPMB Nanik is 45% good and increases promotion and socialization about correct breast milk storage for working and non-working mothers, to increase knowledge about breast milk storage by attending counseling and seeking

information through print or electronic media.

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