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The Relationship Between Exclusive Breastfeeding and Development in Babies Aged 6-12 Months, Motongkad Selatan Village

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ABSTRACT

One effort to improve baby development is by providing exclusive breastfeeding. Exclusive breastfeeding is giving only breast milk without the addition of other fluids, whether formula milk, water, orange juice, or other additional foods until the baby is 6 months old. This study aims to determine the relationship between exclusive breastfeeding and the development of babies aged 6-12 months in Motongkad Selatan village. The sample is total sampling, namely 30 mothers who had breastfeeding babies with the criteria of being willing to be respondents, having babies aged 6-12 months and providing exclusive breast milk. This research is an analytical observational study, with research instruments in the form of exclusive breastfeeding questionnaires and KPSP observation sheets for children aged 6-12 months. Data were analyzed using the Chi-Square test. The results of the study showed that there was a relationship between exclusive breastfeeding and development in babies aged 6-12 months ($p < 0.001$). It is hoped that the mother will exclusively breastfeed her baby so that the baby is healthy and develops normally.

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INTRODUCTION

One effort to improve baby development is by providing exclusive breast milk (ASI) in addition to providing psychosocial stimulation and nurturing needs. Providing exclusive breastfeeding is an obligation that must be carried out. Exclusive breast milk is the best food for babies, breast milk contains nutrients in the right amount and composition and is really needed for the baby's growth and development. Low coverage of exclusive breastfeeding can disrupt the growth and development of babies (1).

Based on data from the United Nations Children's Fund (UNICEF), exclusive breastfeeding in the world is still low. In 2015, only 40% of babies under 6 months of age were exclusively breastfed

worldwide. In Indonesia, the highest data on exclusive breastfeeding is in West Nusa Tenggara province (79.9%), while the lowest percentage is in Maluku province (25.2%). For coverage of exclusive breastfeeding in North Sulawesi province in 2008 (28.96%), in 2009 (40.21%), in 2010 (37.18%), in 2011 (45.36%), in 2012 (25.6%), in 2013 (58.4%), in 2014 (57.06%). This number does not meet the target of exclusive breastfeeding for 6 months set nationally by the government, namely 80% of the number of babies in Indonesia (2).

Exclusive breastfeeding is only giving breast milk to babies aged 0-6 months, without adding liquids or other foods such as formula milk, water, honey, oranges, tea, or solid foods such as milk porridge, bananas, team rice, biscuits and rice porridge. Breast milk can meet the growth and development needs of babies aged 0-6 months, because breast milk contains nutrients in the right amount and composition which are also very necessary for the growth and development of babies (3).

From the results of a preliminary study conducted on 30 mothers and babies at posyandu in the South Motongkad area: 4 mothers said they did not give exclusive breast milk and 26 mothers said they gave exclusive breast milk. Meanwhile, the results of developmental observations: babies aged 7 months, 8 months, 9 months, cannot yet crawl, cannot lie on their stomachs, turn around by themselves, 12 month old babies are not yet able to say the phrase "mama" only say the word "m..a.. a A". Even though there are babies who are 6 months old, their development is appropriate to their age, namely 9 month old babies can lie on their stomachs and turn around on their own, 11 months old can imitate the sound of calling "mama", 12 months old can stand on their own. Based on the background description above, the author is interested in taking this title "The Relationship between Exclusive Breastfeeding and the Development of Babies Aged 6-12 Months in South Motongkad Village"

METHODS

This research is analytical observational research, namely a form of research that looks for relationships between variables using a cross sectional design. The sample in this study was 30 mothers who had breastfeeding babies who were selected using purposive sampling. The sample criteria are that the mother is willing to be a respondent and has a baby aged 6-12 months. This research was conducted in March-April 2021 using instruments in the form of an exclusive breastfeeding questionnaire and a KPSP (*Kuesioner Prescreening perkembangan/ Pre-Development Screening Questionnaire*) observation sheet for children aged 6-12 months. The statistical analysis test used is the Chi Square test.

RESULT

From the results of the research and statistical tests conducted, the results related to the relationship between exclusive breastfeeding and development in babies aged 6-12 months listed in table 1 below.

Exclusive Breastfeeding and Development in Babies Aged 6-12 Months

Table 1. The Relationship Between Exclusive Breastfeeding and Development in Babies Aged 6-12 Months, Motongkad Selatan village, March-April 2021 (n=30)

Exclusive Breastfeeding	Baby Development			Total	P
	Delayed	Suspect	Normal		
No	2	10	2	14	
Exclusive	1	2	13	16	0.001
Total	3	12	15	30	

Based on the table 1, it shows that babies who were exclusively breastfed experienced normal development for 13 respondents (86.7%), 2 respondents (16.7%) had suspect development and 1 respondent (33.3%) had delayed development. Babies who were not exclusively breastfed experienced normal development for 2 respondents (13.3%), 10 respondents (83.3%) had suspect development and 2 respondents (66.7%) had delayed development. The results of chi-square analysis show that there is a relationship between exclusive breastfeeding and the development of babies aged 6-12 months in Motongkad Selatan village (p 0.001).

DISCUSSION

Roesli (2017), defines exclusive breastfeeding as giving breast milk without providing other foods for the first 6 months. Mothers who do not give their babies exclusive breastfeeding can cause their growth and development to be less than optimal (4). This is because, physiologically, the group of babies aged 0-6 months is a high risk group for growth and development disorders (Widodo, 2011). The majority of babies' growth and development depends on the amount of breast milk they consume, including other nutrients contained in breast milk. Breast milk can meet the growth and development needs of babies aged 6 months (5).

The growth and development of children who drink breastfeeding is better, because the composition of breastfeeding really supports the child's development. Children rarely get sick because of the presence of both cellular and humoral antibodies in breast milk. The composition of breast milk is also good for baby's brain growth. Mothers who exclusively breastfeed can engage in various sensory experiences when breastfeeding: tactile, olfactory and visual. Breastfeeding also makes babies feel comfortable and safe in the mother's arms, which is important for their growth and development (6).

The results of the research show that there is a relationship between exclusive breastfeeding and the development of babies aged 6-12 months in Motongkad Selatan village. The results of this research are supported by research conducted by Maemunah & Sari (2021) which shows that there is a relationship between exclusive breastfeeding and the growth and development of babies aged 1-6 months (7). This research is also in line with research from Bahrudin (2016) which shows that exclusive breastfeeding has a significant relationship

with the development of babies aged 6 months to 1 year at Sidoarjo District Hospital (8). The results of research from Febriani (2019) also show that there is a relationship between exclusive breastfeeding and the growth and development of 6 month old babies in Lampung (9).

Exclusive breastfeeding is related to the development of babies 1-6 months because breast milk contains substances that support the baby's development better than formula milk. Babies who are breastfeeding have a greater chance of growing and developing optimally compared to babies who are fed formula milk. Therefore, parents are expected to provide exclusive breastfeeding to babies aged 0-6 months.

CONCLUSION

The result of the study showed that there was a relationship between exclusive breastfeeding and development in babies aged 6-12 months. It is recommended that parents give exclusive breast milk to babies aged 0-6 months because breast milk has sufficient nutritional content and is needed for babies to be healthy and develop normally. Further research is needed regarding these other factors influence and relate to child development such as stimulations, nutrition, etc.

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