

# The Relationship between Employment Status and Maternal Nutrition Patterns in Providing Exclusive Breastfeeding in Mangunsari Village, Lumajang Regency

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## The Relationship between Employment Status and Maternal Nutrition Patterns in Providing Exclusive Breastfeeding in Mangunsari Village, Lumajang Regency

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### ABSTRACT

Breast-feeding to newborns is one of the efforts to prevent death and undernourishment problems in infants and toddlers, about 15% of the total incidence of children under five years of age in developing countries as a result of exclusive breast-feeding. Exclusive breast milk that is given to infants for up to 6 months is not added to other foods such as formula, lemon, honey, tea, water, bananas, milk porridge, cookies, and other foods. Infants who are exclusively breast-fed can avoid diseases. Sick infants are given exclusively by breast feeding can accelerate. This journal's search process electronically and online uses one database, which is Google Scholar from 2015-2020. The incremental criteria of the journal have the same variable as research, the journal used is the journal's 30-200 Indonesian respondents. Based on the journals received results that from the six journals it is evident there is a link between work status and a nutrient pattern in exclusive breast-feeding. This is confirmed by prior research. Thus, mother's work and nutritional patterns influence exclusive breast-feeding.

**Keywords:** Exclusive Breast Milk, Nutrition Patterns, Work

### INTRODUCTION

WHO (2015) states that around 15% of the total deaths of children under five years of age in developing countries are caused by non-exclusive breastfeeding. Various problems of undernutrition and overnutrition also arise as a result of giving food before the baby is 6 months old ( Ariani, 2015 ). Lack of knowledge among breastfeeding mothers regarding the importance of exclusive breastfeeding. The target of 80% coverage of exclusive breastfeeding in Indonesia is still very far from reality. Exclusive breastfeeding is the best investment for children's health and intelligence (Ministry of Health, 2017). The benefits of exclusive breastfeeding are in accordance with one of the goals of the Sustainable Development Goals (SDGs), namely reducing child mortality rates and improving maternal health.

Data obtained from the East Java Health Service (DinKes) in 2017 shows that the percentage of breastfeeding has increased from 2016 (75.7 % ). However, overall it has not met the set target, namely, 77%. Through data from the East Java Health Service, 2017 it is known that the prevalence of exclusive breastfeeding is lowest in Bangkalan Regency, namely, 55.2%. This coverage is still very low compared to the target for a healthy Indonesia of 80% (East Java Health Department, 2017).

Exclusive breast milk is breast milk given to babies up to 6 months without adding other foods such as formula milk, oranges, honey, tea, water, bananas, milk porridge, biscuits, and others. Babies who are given exclusive breast milk can avoid various diseases. Sick babies who

are given exclusive breast milk can speed up the healing process. Breast milk can also help the process of growth and development of intelligence.

Working mothers increase the frequency of failure to provide exclusive breastfeeding. Working mothers experience several obstacles in providing exclusive breastfeeding due to time allocation, quality of togetherness with the baby, workload, stress, and working mothers' low confidence in being able to provide exclusive breastfeeding. This is exacerbated by Law no. 13 of 2003 concerning labor article 82 which states "female workers/laborers have the right to rest for 1.5 months before giving birth to a child and 1.5 months after giving birth to a child".

Based on the above phenomenon, the formulation of the research problem is, is there a relationship between employment status and maternal nutritional patterns in providing exclusive breastfeeding in Mangunsari village, Lumajang district in 2020 ?

The general objective of this research is to analyze the employment status and nutritional patterns of mothers who provide exclusive breast milk in Mangunsari Village, Lumajang Regency in 2020. The specific objectives are:

1. Analyzing Employment Status
2. Analyzing Nutritional Patterns
3. Analyzing Exclusive Breastfeeding
4. Analyzing the Relationship between Employment Status and Nutritional Patterns in Exclusive Breastfeeding .

## **METHODS**

Problem: Exclusive breastfeeding

The keywords used in the literature search are a combination of keywords as follows: diet of mothers who are exclusively breastfed (Google Scholar), Employment who are exclusively breastfed (Google Scholar), nutritional status of mothers who are exclusively breastfed (Google Scholar)

## **RESULT AND DISCUSSION**

### **1. Work with exclusive breastfeeding**

Based on the results of research on the relationship between employment status and exclusive breastfeeding . Obtaining results from 3 journals regarding work and exclusive breastfeeding. Obtaining results from all journals stated that there was a relationship between work and exclusive breastfeeding.

Based on research results (Fitriyani et al, 2017) stated that in their research, of the total respondents who practiced exclusive breastfeeding, there were 77 respondents (50.7 % ), 52 respondents ( 34.2 %) did not work and provided exclusive breastfeeding, only 25 respondents (16.5 % ) responded who work but still provide exclusive breastfeeding to their children . There is a relationship between maternal employment and exclusive breastfeeding for babies as evidenced by the results of the chi-square test  $p\text{-value } 0.018 < 0.05$ .

Based on research results (Angramia et al, 2018), the results of the total number of respondents who practice exclusive breastfeeding are 44 respondents (61.1%), 42 respondents ( 58.3 %) do not work and provide exclusive breastfeeding, only 2 respondents (2.8 %) respondents who work but still provide exclusive breastfeeding to their children . There is a relationship between maternal employment and exclusive breastfeeding for babies as evidenced by the results of the chi-square test  $p\text{-value } 0.000 < 0.05$ .

Based on research results (Sihombing, 2018), the research results showed that of the total respondents who did not practice exclusive breastfeeding, 23 respondents (42.6%), 21 respondents (38.9%) did not work and provided exclusive breastfeeding, only 2 respondents (3.7%) % ) of respondents who work but still provide exclusive breastfeeding to their children

. There is a relationship between maternal employment and exclusive breastfeeding for babies as evidenced by the chi-square test results  $p\text{-value } 0.005 < 0.05$ .

According to Danso (2014), working mothers experience difficulties in providing exclusive breastfeeding because they have to divide their time with their work. Apart from that, the influence of family members also influences the practice of exclusive breastfeeding. Several factors cause babies not to be breastfed well. These factors are characteristic factors, mother, baby factors, environment, family support, health education, socio-economic and cultural (Budiharjo, 2013). In urban areas where relatively more mothers work to earn a living, this results in mothers not being able to breastfeed their babies properly and regularly. This is significant because the workplace situation does not support the practice of breastfeeding, for example there are no places to express and store breast milk, there are not many or no babysitting places so that working mothers can breastfeed their babies at certain times (Sari, 2011).

Based on the research results above, it is stated that all journals state that there is a relationship between employment status and exclusive breastfeeding. So it can be concluded that work influences giving exclusive breast milk to babies, the mother's employment status is working, there is a big possibility that the mother will not give exclusive breast milk to her baby, and if the mother's job status is not working, there is a big chance that the mother will be able to give exclusive breast milk. Because most mothers work, they have less time to care for their babies, making it possible for mothers not to exclusively breastfeed their babies. In fact, if a working mother can still give exclusive breast milk to her baby by pumping or expressing breast milk, then storing it and giving it to her baby later. Most working mothers do not exclusively breastfeed their babies. Apart from that, the reasons for not giving exclusive breastfeeding to their babies include the mother's reasoning being formula milk because it is easier so giving breast milk is alternated with formula milk and also because she feels she does not have time to always give exclusive breast milk due to the large amount of housework which takes up time and energy.

## **2. Nutrition Pattern with exclusive breastfeeding**

Based on the results of literature studies on the relationship between nutritional patterns and exclusive breastfeeding. on nutritional patterns, the results showed that of the 3 journals, 2 journals stated that there was a relationship, while 1 journal belonging to Evi Rinata (2015) stated that there was no relationship.

Based on research results (Adila et al, 2015) stated that the results showed that of the total respondents who did not practice exclusive breastfeeding, 45 respondents ( 51.1% ), 27 respondents (30.7%) who had appropriate nutritional status provided exclusive breastfeeding, while 18 respondents (20.5%) who had inappropriate nutritional status provided exclusive breastfeeding. . There is maternal nutrition regarding exclusive breastfeeding for babies as evidenced by the results of the multiple logistic regression test  $p\text{-value } 0.829 < 0.05$ .

Based on research results (Pranajaya et al, 2013) stated that the results of the study showed that of the total respondents who did not practice exclusive breastfeeding, there were 118 respondents ( 60.2% ), 75 respondents (38.3%) who had appropriate nutritional status provided exclusive breastfeeding, while 43 Respondents (21.9%) who had inappropriate nutritional status provided exclusive breastfeeding. There is maternal nutrition regarding exclusive breastfeeding for babies as evidenced by the results of the chi-square test  $p\text{-value } 0.000 < 0.05$ .

Based on research results (Diyan et al, 2018) stated that the results of the study showed that there were significant differences in the serum prolactin levels of breastfeeding mothers between the low vs. high nutritional status groups, and the medium vs. high groups. There is maternal nutrition regarding exclusive breastfeeding for babies as evidenced by the results of the Mann Whitney  $p\text{-value } 0.004 < 0.05$ .

The nutritional needs of breastfeeding mothers are greater than during pregnancy. When breastfeeding, extra energy is needed to restore health after giving birth, for daily activities and the formation of breast milk. In the first month after giving birth, breast milk production is generally very large so that a lot will be sucked out by the baby and the mother will feel thirsty and hungry more quickly. In order for the number of calories released to be balanced, a balanced nutritional intake is needed because this energy will be processed again to form breast milk. During breastfeeding the mother produces around 800-1000cc of breast milk (Paath, 2005).

Based on the research results above, it is stated that all journals stated that out of 3 journals, 2 journals stated that there was a relationship, while 1 journal belonging to Evi Rinata (2015) stated that there was no relationship. Based on these results, it can be concluded that there is a relationship between nutritional patterns and exclusive breastfeeding, this is because the amount of breast milk production depends on the size of fat reserves accumulated during pregnancy and within certain limits. For mothers who have good fat reserves, breast milk production will be sufficient so they can provide exclusive breastfeeding to their children.

### **3. The Relationship Between Employment Status and Nutritional Patterns in Exclusive Breastfeeding .**

Based on the results of research on the relationship between employment status and exclusive breastfeeding . Obtaining results from 3 journals regarding work and exclusive breastfeeding. Obtaining results from all journals stated that there was a relationship between work and exclusive breastfeeding. Meanwhile, the results of literature studies on the relationship between nutritional patterns and exclusive breastfeeding . on nutritional patterns, the results showed that of the 3 journals, 2 journals stated that there was a relationship, while 1 journal belonging to Evi Rinata (2015) stated that there was no relationship.

Based on the results of the discussion above, work greatly influences mothers in providing exclusive breastfeeding to their children, whereas in nutritional patterns, 1 journal belonging to Evi Rinata (2015) states that there is no relationship. According to researchers, this lack of relationship is because mothers with inappropriate nutrition can still provide exclusive breastfeeding. by improving nutrition so that at the beginning the mother experiences malnutrition, if it is immediately corrected well, it can change the mother's nutritional status and make breast milk production smoother, therefore the researchers concluded that there is a relationship between the mother's nutritional status and exclusive breastfeeding for babies, while at work all journals state that there is a relationship, it cannot be denied that work will reduce the mother's time with the baby. With reduced time, breastfeeding time will also be reduced. When this happens, most mothers switch exclusive breastfeeding to non-exclusive by giving their children formula milk, breast milk. formula is considered easy and quite good and time efficient and can be given by anyone to their baby while the mother is working. For this reason, working mothers do not give exclusive breast milk to their babies.

### **CONCLUSION**

1. There is a relationship between work and exclusive breastfeeding .
2. There is a relationship between nutritional patterns and exclusive breastfeeding .
3. There is a relationship between employment status and nutritional patterns in providing exclusive breastfeeding .

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