

## **ANALYSIS OF THE IMPLEMENTATION OF EXCLUSIVE BREASTFEEDING IN BREASTFEEDING MOTHERS COVID 19 PANDEMIC PERIOD**

**Deharnita ,Tintin Sumarni , Yudistira Afconneri**

Padang Health Polytechnic Ministry of Health

[deharnita@ymail.com](mailto:deharnita@ymail.com)

### **ABSTRACT**

The impact of Covid on health services is that it is difficult for the community to obtain basic health services such as the implementation of the posyandu, classes for pregnant women, and classes for mothers under five. This results in low rates of maternal visits to posyandu, immunization, low achievement of family planning programs and exclusive breastfeeding, as well as prevention and control of stunting. Research purposes obtained description Implementation of Exclusive Breastfeeding for Breastfeeding Mothers During the Covid-19 Pandemic. Qualitative research design which aims to obtain an overview of the implementation of Exclusive Breastfeeding for Breastfeeding Mothers during the Covid-19 Pandemic, carried out in Solok City in 2021. Data were collected using in-depth interviews and data were processed and analyzed. The results showed that all mothers said that exclusive breastfeeding was very good. Most mothers said they were happy and satisfied if they could breastfeed their babies for up to 6 months. Most mothers said that the supporting factors in exclusive breastfeeding were beliefs and understanding about exclusive breastfeeding. the mother said that the inhibiting factor in breastfeeding was not smooth breastfeeding, stress. some mothers get information about exclusive breastfeeding from experienced people and are sought after on social media, most mothers expect information about exclusive breastfeeding to be obtained through social media. Based on the results of the study, it is suggested that you can design and create applications to increase the knowledge and abilities of mothers, especially about exclusive breastfeeding through tele-counseling and digital IEC.

**Keywords:** *exclusive breastfeeding, breastfeeding mothers*

### **Introduction**

WHO declared Covid-19 a pandemic on March 11, 2020, and Indonesia declared Covid-19 a national disaster on March 14, 2020. The Covid-19 pandemic that hit almost all countries in the world had an impact on various health and non-health sectors. During the Covid-19 pandemic, public health efforts were still carried out by taking into account the priority scale (Djalante, Lassa, Setiamarga, Mahfud, Sudjatma, A., Indrawan, M., ... & Gunawan, LA, 2020).

The impact of Covid on health services is that it is difficult for the community to obtain basic health services such as the implementation of the posyandu, classes for pregnant women, and classes for mothers under five. This results in low rates of maternal visits to posyandu, immunization, low achievement of family planning programs and exclusive breastfeeding, as well as prevention and control of stunting.

The United States is the country with the most positive cases of Covid-19 in the world. According to data from New York City Health, it was found that 9 (0.06%) children who were confirmed positive for Covid-19 died (Worldmeters, 2020). Covid-19 positive patients (Covid-19 Task Force, 2020). In the case of Covid-19, infants are susceptible to contracting Covid-19 because the body's immune system is still weak. Babies can be infected with Covid-

19, namely direct contact with Covid-19 sufferers, both sufferers who have symptoms and do not have symptoms. One of the early prevention of the spread of Covid-19 is exclusive breastfeeding for babies because exclusive breastfeeding is the main source of protection and nutrition for babies. Breast milk contains antibodies to bacteria and viruses, especially the level of secretory IgA antibodies and macrophages in colostrum which is relatively high and can even inhibit microorganisms (Pradana, Cayman & Nuraini., 2020)

Public Health Efforts carried out by the Puskesmas are basic services to meet the community's need for health services. The implementation of public health efforts (UKM) is one of them by increasing the literacy and capacity of cadres, tomas, togas, and health care groups to support efforts to mobilize and empower families in preventing Covid-19. Improving literacy and capacity can be done through online media such as WhatsApp/SMS/Video Call/telephone or direct interaction by paying attention to PPI and *Physical Distancing*.

Social media can be used as a research and tracking tool in public health related to Covid-19. With so much publicly available information about various diseases and other public health issues, there is great potential to use social media as a data mining resource for the development of the Covid-19 pandemic disaster response (Ferraz dos Santos, L., Borges, R., and de Azambuja, D., 2020).

## Method

The qualitative research design that aims to obtain an overview of the implementation of Exclusive Breastfeeding for Breastfeeding Mothers during the Covid 19 Pandemic, was carried out in Solok City in 2021. Data were collected using in-depth interviews with informants of breastfeeding mothers, those in charge of Nutrition and MCH, Persons in Charge of Nutrition for Health Centers, the Head of PPSDK, and the Head of the Department of Health. All processes of qualitative data collection are recorded and then transferred to a written format (transcription) and analyzed. Data is processed and analyzed

## Results and Discussion

### A. Result

#### 1. Exclusive Breastfeeding

The results of interviews with informants of breastfeeding mothers showed that all mothers said exclusive breastfeeding was very good and needed for the growth, development of babies and can improve baby's health.

*"Exclusive breastfeeding is very important for babies, baby's health, and baby's development so babies must get exclusive breastfeeding""If possible, this breastfeeding should not be mixed because it functions for the child's immune system"*

The above is in line with the results of the interview with the head of the Health Office who said that exclusive breastfeeding is important and is an indicator of health.

*"Although in the city of Solok the target has been achieved, this is a very important thing to pay attention to, especially during the Covid-19 pandemic because it is a health indicator"*

**Table 1. Construction of Mother's Opinion Interview Results on Exclusive Breastfeeding**

informant	Meaning Unit	Conclusion	Indicator
Inf 1, 2, 3, 4, 5, 6,7,8	Mother's Opinion on Exclusive Breastfeeding	important for baby	Exclusive breastfeeding

Info 9	exclusive breastfeeding	important thing	Exclusive Breastfeeding
--------	----------------------------	-----------------	----------------------------

## 2. Mother's experience in exclusive breastfeeding

The results of interviews with breastfeeding mother informants about experiences in exclusive breastfeeding are that most mothers say they are happy and satisfied if they can breastfeed their babies for up to 6 months, even though there are still those who state that breast milk does not come out stressed mothers

*"When the baby was born, he didn't want to breastfeed, I was automatically stressed because the milk didn't want to come out, and I kept trying to get the milk to come out, when the milk came out I was happy" "It's fun, instead of helping milk, breast milk is better"*

**Table 2. Construction of Interview Results Mother's Experience in Exclusive Breastfeeding**

informant	Meaning Unit	Conclusion	Indicator
Info 1, 3, 5, 6,7,	Mother's experience in exclusive breastfeeding	happy and satisfied	Breastfeeding

## 3. Supporting factors for mothers in exclusive breastfeeding

The results of interviews with breastfeeding mother informants about the supporting factors in exclusive breastfeeding are: Most mothers said that the supporting factors in exclusive breastfeeding were beliefs and understandings about exclusive breastfeeding such as nutritious food, adequate rest and drinking lots of water.

*"Eat nutritious foods, get enough rest" self-confidence, understanding of exclusive breastfeeding. "Nutritional foods such as fruit, vegetables and drink lots of water"*

The results of interviews with the informants of the Head of the PPSDK (Health Promotion and Resource Services) City of Solok said that the factors supporting exclusive breastfeeding were inter-sectoral work in the Solok city health office. *"Organizationally it is attached to the PPSDK field and programmatically attached to the Public Health Sector which is under the cation of nutrition and MCH"*

**Table 3. Construction of Interview Results Factors supporting mothers in exclusive breastfeeding**

informant	Meaning Unit	Conclusion	Indicator
Inf 1,2,3,5,6,8	supporting factors in exclusive breastfeeding	nutritious food, get enough rest and drink lots of water	Supporting factors
inf 10	inter-sectoral work in the health office of the city of Solok	Collaboration with Nutrition and KIA	Supporting factors

## 4. Inhibiting factors for mothers in exclusive breastfeeding

The results of interviews with informants of breastfeeding mothers about the inhibiting factors in exclusive breastfeeding are that most of the mothers said that the inhibiting factors in breastfeeding were not smooth breastfeeding, stress

*"The thing that hinders is mainly because of thoughts or stress, then because of work demands / being too busy at work, breast milk is reduce" "Because breast milk is not fully given, the baby is not full, and fussy"*

In line with the results of interviews with the person in charge of nutrition at the puskesmas,

he said that the inhibiting factor in exclusive breastfeeding was that there were still mothers who lacked knowledge about exclusive breastfeeding.

*"Mothers don't want to breastfeed for up to 6 months because they don't understand the benefits of breastfeeding, sometimes when there's not enough milk, they add formula milk, especially when they're busy working."*

**Table 4. Construction of Interview Results Barriers to mothers in exclusive breastfeeding**

informant	Meaning Unit	Conclusion	Indicator
Inf 1,2,3,4,5,6,7,8	Causes of not giving breast milk	Breast milk is not smooth, stress	Obstacle factor
Info 12	inhibiting factors in exclusive breastfeeding	lack of knowledge about exclusive breastfeeding	Factors inhibiting the achievement of the target

## 5. Information about Exclusive Breastfeeding

Interviews with informants of breastfeeding mothers obtained the following results, some of the mothers said that before the covid 19 pandemic, information was obtained from attending pregnancy classes from health workers, cadres during posyandu, counseling but some informants said that now, information is asked to people who are experienced and searched on social media

*"It used to be from counseling health workers, posyandu workers, mother's class "" if I now ask people who have experienced before"*

The results of the interview with the informant in charge of the Nutrition Program at the Health Office said that information about exclusive breastfeeding was provided through leaflet distribution counseling, while the application was used for reporting. *"For the dissemination of information provided by health workers at the puskesmas and cadres at the posyandu still use leaflets, the reverse sheet is for reporting using the application"*.

In line with what was conveyed by the informant in charge of the Nutrition program at the Puskesmas information on exclusive breastfeeding was carried out at the posyandu through counseling and giving leaflet. During the Covid 19 Pandemic, counseling is not currently being carried out.

*"Information was given before the COVID-19 pandemic by giving out leaflets, sticking posters at the posyandu but for now the counseling is not being carried out because gatherings are not allowed."*

**Table 5 Construction of Interview Results Information on Exclusive Breastfeeding**

informant	Meaning Unit	Conclusion	Indicator
Inf 1,2,3,6,8	Obtaining information about exclusive breastfeeding before the pandemic	counseling from health workers, posyandu workers	Exclusive breastfeeding information

Info 11	information about exclusive breastfeeding	Through leaflet distribution reporting using the application	Exclusive breastfeeding information
Info 12	information about exclusive breastfeeding during the Covid 19 pandemic	counseling is not carried out.	Exclusive breastfeeding information

## 6. Expectations of mothers to obtain information about exclusive breastfeeding

From the results of interviews with informants of mothers of children under five, it was found that most mothers expected information about exclusive breastfeeding to be obtained through social media. Even so, there are mothers who say that hopefully, the pandemic will end quickly so they can discuss with health workers

*"Hopefully we can interact with health workers through social media" One of the social media is sharing on Google "*

This is in line with what was conveyed by the informant from the Head of the PPSDK City of Solok, the hope is that mothers can obtain information through social media because gatherings are prohibited for now.

*" We hope that in the future there should be an application that can facilitate mothers to obtain information about health, especially regarding exclusive breastfeeding"*

Table 6. Construction of Interview Results Expectations of mothers to obtain information about exclusive breastfeeding informant	Meaning Unit	Conclusion	Indicator
Inf 1,2,3,6,8	Expectations of obtaining information about exclusive breastfeeding	social media	Exclusive breastfeeding information
inf 10	information about exclusive breastfeeding	social media	Exclusive breastfeeding information

## B. Discussion

### 1. Exclusive breastfeeding

Mother's milk for infants is the perfect food where the nutritional content is in accordance with the needs for optimal growth and development. Breast milk contains substances for the development of intelligence, immune substances (prevents various diseases) and can establish a loving relationship between mother and baby, delaying



pregnancy reduces the risk of breast cancer and is special happiness for the mother. Meanwhile, from an economic point of view for the family, it is reducing the cost of buying milk. ( Siti Erniyati, 2020).

The results of the interview showed that all mothers said exclusive breastfeeding was very good and needed for the growth, development of the baby and can improve the health of the baby. This is because characteristically most of the respondents have high school education and above. Breastfeeding will ensure that babies stay healthy and start living in the healthiest way. Breastfeeding is not only an opportunity for babies to grow up to be physically healthy human beings but also smarter, more emotionally stable, positive spiritual development and social development. good. (Utami Rusli, 2020)

Exclusive breastfeeding is expected to be given for up to 6 months. Breastfeeding properly will be able to meet the needs of six months, without complementary foods. After the age of 6 months, babies need additional food but breastfeeding can be continued until the child is 2 years old (World Health Organization, 2016). The implementation of exclusive breastfeeding is influenced by several factors such as knowledge, attitudes, family support, especially husbands, mother's motivation, work status, and support from health workers (Hinson et al., 2018; Marwiyah & Khaerawati, 2020; Yang et al., 2019).

Efforts to increase the implementation of exclusive breastfeeding are carried out with various activities starting from pregnant women to mentoring after giving birth. One of the government programs is the implementation of classes for pregnant women by health workers. The class for pregnant women is a means of group learning about the health of pregnant women, aiming to increase knowledge and skills, and change attitudes and behavior of mothers regarding pregnancy, childbirth, postpartum care, and newborn care. However, during the Covid 19 pandemic, the class program for pregnant women was difficult to do face-to-face due to restrictions on gathering activities in the community during the pandemic.

## **2. Inhibiting factors and supporting factors in exclusive breastfeeding**

The results showed that the majority of mothers said that the supporting factors in exclusive breastfeeding were nutritious food, adequate rest, and drinking lots of water, although there were also those who said they had confidence and understanding about breastfeeding information. Meanwhile, the results of the inhibiting factors in exclusive breastfeeding are that most mothers say that the inhibiting factor in breastfeeding is not smooth breastfeeding, stress

Actually breastfeeding, especially exclusively, is a natural way of feeding babies. However, mothers often lack information that they often get wrong information about the benefits of exclusive breastfeeding about how to breastfeed properly, and what to do if difficulties arise in breastfeeding their babies. Breastfeeding is an art that must be re-learned for successful breastfeeding, no tools are needed. -Special tools and expensive costs that are needed are only awareness, time, little knowledge about breastfeeding, and lack of a supportive environment from the husband. (Utami Rusli, 2020)

Mother's milk is the most perfect food whose nutritional content is suitable for the baby's needs. High-quality nutrients in breast milk are abundant in colostrum. Colostrum contains protein, vitamin A, carbohydrates, and low fat. Breast milk also contains essential amino acids which are very important for increasing the number of brain cells. babies related to infant intelligence (image Aziza, 2019).

The results of the research by Rudiawan, Muh, 2019 that the factors that encourage mothers to give exclusive breastfeeding are factors of knowledge, attitudes, beliefs, health services, and parental support, while the inhibiting factors based on research variables do not exist. For mothers who do not give exclusive breastfeeding, the inhibiting factors are trust, health services, and family support and the driving factors are knowledge and attitudes. The

driving and inhibiting factors of mothers giving exclusive breastfeeding are influenced by the stimulus; knowledge, attitudes, beliefs, health services, and family support (<http://repository.unhas.ac.id/id/eprint/3041>)

### 3. The need for health information about exclusive breastfeeding

From the results of interviews with mothers of children under five, it was found that most mothers expected information about exclusive breastfeeding to be obtained through social media. The results of Rini Rahmayanti's research, 2021 show that there is an influence of FCMC-based online education on postpartum mothers' self-efficacy in breastfeeding. Health services are expected to facilitate FCMC-based online education programs to increase self-confidence in breastfeeding.

The above is in line with the Directorate of Community Nutrition in the 2020 health minister report. To respond to the Covid-19 pandemic and large-scale social restrictions, the Directorate of Community Nutrition has carried out a series of activities in order to increase the coverage of exclusive breastfeeding. Among them are: 1) Conducting online socialization in the form of webinars in the context of World Breastfeeding Week, webinars about the importance of continuing to breastfeed during the Covid-19 pandemic, and about the practice of providing healthy complementary foods (MPASI). 2) Create nutritional service guidelines and balanced nutrition guidelines during the Covid-19 pandemic as well as posters and booklets related to breastfeeding during the Covid-19 Pandemic. The Guidelines for Nutrition Services during the pandemic provide guidance to the health office and puskesmas to continue to provide nutrition services, including counseling to pregnant and lactating mothers in need, through tele-counseling or home visits if possible, in accordance with local government regulations regarding social restrictions. 3) Developing digital IEC information media related to breastfeeding, webinars and tele-counseling are expected to provide information to the public that breastfeeding is very important, especially during this pandemic to provide immunity to babies, and to achieve the target of exclusive breastfeeding coverage.

### Conclusion and Suggestion

1. Exclusive breastfeeding is very important
2. The inhibiting factor in exclusive breastfeeding is the mother's lack of understanding about the benefits and overcoming problems when breastfeeding.
3. Mother's hope in obtaining information about exclusive breastfeeding is through social media

### References

- Cangöl, E., & ahin, NH (2017). The Effect of a Breastfeeding Motivation Program Maintained During Pregnancy on Supporting Breastfeeding: A Randomized Controlled Trial. *Breastfeeding medicine : the official journal of the Academy of Breastfeeding Medicine* , 12 , 218–226. <https://doi.org/10.1089/bfm.2016.0190>
- Djalante, R., Lassa, J., Setiamarga, D., Mahfud, C., Sudjatma, A., Indrawan, M. , ... &Gunawan, LA (2020). Review and analysis of current responses to COVID-19 in Indonesia: Period of January to March 2020. *Progress in Disaster Science* , 100091 Ferraz dos Santos, L., Borges, R. and de Azambuja, D., 2020. Telehealth and Breastfeeding: An Integrative Review. *Telemedicine and e-Health* , 26(7), pp. 837-846.
- Garber, K. and Chike-Harris, K., 2019. Nurse Practitioners and Virtual Care: A 50-State Review of APRN Telehealth Law and Policy. *Telehealth and Medicine Today* , 4.
- Indriani Nasution, S., Liputo, N. and Masri, M., 2016. Factors Associated with Exclusive Breastfeeding Patterns in the Work Area of the Bungus Health Center in 2014. *Andalas Health*

- Journal* , [online] 5(3). Available at:  
 <<http://jurnal.fk.unand.ac.id/index.php/jka/article/view/590>> [Accessed 3 July 2020].
- Decree of the President of the Republic of Indonesia. Exclusive Breastfeeding. PP No.33 of 2012. 2012
- Launer, V., 2016. *Coaching* . Madrid: Difusora Larousse - Ediciones Pirámide Lim, P., 2008. *Breastfeeding* . London: Teach Yourself.
- Marcucci, B., 2018. Use of Telehealth to Increase Breastfeeding Exclusivity and Duration. *Clinical Lactation* , 9(2), pp.66-71.
- Maycock, BR, Scott, JA, Hauck, YL, Burns, SK, Robinson, S., Giglia, R., Jorgensen, A., White, B., Harries, A., Dhaliwal, S., Howat, PA, & Binns, CW (2015). A study to prolong breastfeeding duration: design and rationale of the Parent Infant Feeding Initiative (PIFI) randomized controlled trial. *BMC pregnancy and childbirth* , 15 , 159. <https://doi.org/10.1186/s12884-015-0601-5>
- Olsen, J., 2013. Health Coaching: A Concept Analysis. *Nursing Forum* , 49(1), pp.18-29.
- Petrova, A., Ayers, C., Stechna, S., Gerling, JA, & Mehta, R. (2009). Effectiveness of exclusive breastfeeding promotion in low-income mothers: a randomized controlled study. *Breastfeeding medicine : the official journal of the Academy of Breastfeeding Medicine* , 4 (2), 63–69. <https://doi.org/10.1089/bfm.2008.0126>
- Skouteris H, Bailey C, Nagle C, Hauck Y, Bruce L, Morris H., 2017. Interventions Designed to Promote Exclusive Breastfeeding in High-Income Countries: A Systematic Review Update. *Breastfeed Med* . 2017 ;12 (10):604-614. doi: 10.1089/bfm. 0065
- Sumarni, S. and Oktavianisya, N. (2018). Family Assistance in Providing Support for the Success of Exclusive Breastfeeding. *JAPI (Journal of Access to Indonesian Service)*, 3(2), p.82.
- Wu, Q., Huang, Y., van Velthoven, MH, Wang, W., Chang, S., & Zhang, Y. (2019). The effectiveness of using a WeChat account to improve exclusive breastfeeding in Huzhu County Qinghai Province, China: protocol for a randomized control trial. *BMC public health* , 19 (1), 1603. <https://doi.org/10.1186/s12889-019-7676-2>