The Relationship Between the Number of Partus and the Level of Education of Mothers Towards Exclusive Breastfeeding in the Working Area of the Telaga Biru Health Center

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ABSTRACT
Lack of exclusive breastfeeding in infants has an impact on the cognitive development and physical growth of children such as stunted brain growth, and stunted physical growth so that children become stunted, children become weak and easily sick. Exclusive breastfeeding in Gorontalo Province (2018) amounted to 46.91%. The purpose of the study was to determine the number of partus and the level of education of mothers towards exclusive breastfeeding. Quantitative research design with cross-sectional approach. The population amounted to 54 infants with the same number of samples, namely 54 respondents. The results showed that the highest number of partus was primipara as many as 31 people with a value of p-Value = 0.014<0.05 and the highest maternal education was secondary education (junior high and high school) as many as 36 people with a value of p-Value = 0.000< 0.05.

Conclusions are related to the number of partus and the level of education of mothers to exclusive breastfeeding in the working area of the Telaga Biru Health Center. Suggestions are expected to be input for the puskemas in increasing the scope of exclusive breastfeeding and can add information for mothers to provide exclusive breastfeeding to their children.

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INTRODUCTION
Lack of breastfeeding in infants will have an impact on the cognitive development and physical growth of children such as stunted brain growth that causes children to be unintelligent, stunted physical growth so that children become stunted, children become weak, and easily sick, at risk of suffering from allergies, asthma, obesity, digestive disorders, dental disorders and malocclusion, iron deficiency anemia, hypertension and heart. Several factors hinder mothers in exclusive breastfeeding, including the promotion of great formula milk and errors in the management of breastfeeding itself. Babies who receive exclusive breastfeeding are more intelligent and difficult to develop diseases. The lack of prevalence and shorter duration of breastfeeding increases the risk of infant morbidity and mortality in several developing countries, especially ARI and diarrheal diseases. Disobedience in providing exclusive breastfeeding can cause nutritional disorders (Pitaloka, Abory, and Pramita, 2018).

In addition, several factors affect the unsuccess of exclusive breastfeeding, one of which is parity. Parity is the number of fetal births that are eligible for life. Parity can be divided into primipara, multipara and
grandemultipara. A mother with subsequent deliveries may experience problems when breastfeeding just because she does not know the real ways and if the mother hears that there is a bad breastfeeding experience experienced by others, this allows the mother to hesitate to give milk to her baby (Purnamasari and Khasanah, 2020). Then there is the factor of education level, the lower level of maternal education affects the lack of ability to make decisions, especially exclusive breastfeeding. The proportion of mothers who agree with exclusive breastfeeding is higher in mothers with higher education (junior high and high school) compared to mothers with low education (elementary and not in school). This is due to the lack of knowledge among mothers about proper infant feeding, especially exclusive breastfeeding in low-education mothers (Hastuti, Machfudz, and Budi Febriani, 2015).

Based on research on exclusive breastfeeding that continues to grow, WHO (World Health Organization) and IDAI (Indonesian Pediatrician Association) have provided a code of ethics that provides rules so that every baby must be given exclusive breastfeeding (breast milk without any distraction or addition, even if it is water) until the minimum age reaches 6 months. By the Decree of the Minister of Health of the Republic of Indonesia. No. 450/MENKES/IV/2004 concerning breast milk is exclusively given to infants in Indonesia. The government also affirms the exclusive breastfeeding stipulated in Government Regulation No. 33 of 2012 in Chapter III article 7 which states that every mother who gives birth must provide exclusive breastfeeding to the baby she gives birth to. (Pitaloka, Abrory and Pramita, 2018). The results of the 2018 Basic Health Research (Riskesdas) show a nationally exclusive breastfeeding prevalence of 37.3%. Exclusive breastfeeding in Gorontalo Province (2018) amounted to 46.91%. Based on data from the Gorontalo Regency Health Office (2018), the prevalence of exclusive breastfeeding is 29.4%, which is still far below the target set by Indonesia and WHO, which is 85%. (Zakaria and Ali, 2020).

METHOD

The type of research used is quantitative research with an analytical descriptive research design that uses a cross-sectional approach, which is a study to study the relationship between risk factors (independent) and effect factors (dependent), which makes observations or measurements of variables once and all at the same time.

The source of the data taken is the primary data source by giving questionnaires to research subjects, in addition to documenting when subjects fill out questionnaires. The population in this study was 343 breastfeeding mothers registered at the Telaga Biru Health Center. The sample of this study was breastfeeding mothers who were active in participating in posyandu in the working area of the Telaga Health Center, which amounted to 54 babies. In this study, researchers used sampling techniques using purposive sampling. The criteria in this study are:

1. **Inclusion Criteria**
   a. Breastfeeding mothers who have babies aged 6-24 months and are registered at the Telaga Biru health center.
   b. Understand how to fill out the questionnaire that has been given.
   c. Willing to be a respondent in this study

2. **Exclusion Criteria**
   a. Mothers who have children older than 24 months and are not actively participating in posyandu.
   b. Breastfeeding mothers who are not domiciled in Telaga Biru.

This research was conducted at Telaga Biru Health Center, Gorontalo Regency. And it has been implemented on August 10, 2023. The independent variable is the number of partus and the mother’s level of education. The dependent variable is exclusive breastfeeding. The analysis was carried out with a chi-square statistical test with a level of significance (α=0.05%) with statistics using a computer.

RESULT

**Univariate Analysis**

<table>
<thead>
<tr>
<th>Number of Partus</th>
<th>Frequency (n)</th>
<th>Presentation (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primipara</td>
<td>31</td>
<td>57.4</td>
</tr>
<tr>
<td>Multipara</td>
<td>22</td>
<td>40.7</td>
</tr>
<tr>
<td>Large multipara</td>
<td>1</td>
<td>1.9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>54</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Data primer 2023
In Table 1, it can be seen that the number of partus in mothers studied at the Telaga Biru Health Center is the highest, namely primipara as many as 31 people (57.4%), and the lowest, namely grand multipara as many as 1 person (1.9%).

**Table 2. Distribution of the frequency of education of the mother**

<table>
<thead>
<tr>
<th>Mother's Education</th>
<th>Frequency (n)</th>
<th>Presentation (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic (SD)</td>
<td>13</td>
<td>24.1</td>
</tr>
<tr>
<td>Secondary (Junior High and High School)</td>
<td>36</td>
<td>66.7</td>
</tr>
<tr>
<td>Higher (Bachelor)</td>
<td>5</td>
<td>9.3</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>54</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Data primer 2023

Table 2. It can be seen that the highest maternal education studied at the Telaga Biru Health Center is secondary education (junior high and high school) as many as 36 people (66.7%) and the lowest is higher education (Bachelor) as many as 5 people (9.3%).

**Table 3. Frequency distribution of exclusive breastfeeding**

<table>
<thead>
<tr>
<th>Exclusive breastfeeding</th>
<th>Frequency (n)</th>
<th>Presentation (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exclusive Breastfeeding</td>
<td>41</td>
<td>75.9</td>
</tr>
<tr>
<td>Not Exclusive Breastfeeding</td>
<td>13</td>
<td>24.1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>54</strong></td>
<td><strong>100</strong></td>
</tr>
</tbody>
</table>

Source: Data primer 2023

Table 2. It can be seen that the highest is exclusive breastfeeding at the Telaga Biru Health Center which is given exclusive breastfeeding by 41 people (75.9%) and the lowest is not given exclusive breastfeeding by 13 people (24.1%).

**Bivariate Analysis**

In bivariate analysis, chi-square is used with the level of significance (α=0.05%) because it is to find out the relationship between the two variables.

**Table 4. The relationship between the number of partus to exclusive breastfeeding in the work area Telaga Biru Puskemas Gorontalo Regency**

<table>
<thead>
<tr>
<th>Number of Partus</th>
<th>Exclusive breastfeeding</th>
<th>Not Exclusive Breastfeeding</th>
<th>Total</th>
<th>P=Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Exclusive Breastfeeding</td>
<td>Not Exclusive Breastfeeding</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primipara</td>
<td>19</td>
<td>12</td>
<td>31</td>
<td>0.014</td>
</tr>
<tr>
<td>Multipara</td>
<td>21</td>
<td>1</td>
<td>22</td>
<td></td>
</tr>
<tr>
<td>Large multipara</td>
<td>1</td>
<td>0</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>41</strong></td>
<td><strong>13</strong></td>
<td><strong>54</strong></td>
<td></td>
</tr>
</tbody>
</table>

Source: Data primer 2023

The results of statistical tests show that mothers with primiparous with exclusive breastfeeding as many as 19 and 12 people do not provide exclusive breastfeeding. Mothers with multipara with exclusive breastfeeding as many as 21 people and 1 person do not provide exclusive breastfeeding. mothers with grand multipara with exclusive breastfeeding as much as 1 person. It is known that the statistical value or pValue = 0.014<0.05, then Ha is accepted, so it can be concluded that there is a relationship between the number of partus on exclusive breastfeeding in the working area of the Telaga Biru Puskemas Gorontalo Regency.

**Table 5. The relationship of maternal education to exclusive breastfeeding in the work area Telaga Biru Puskemas Gorontalo Regency**

<table>
<thead>
<tr>
<th>Mother’s Education</th>
<th>Exclusive breastfeeding</th>
<th>Not Exclusive Breastfeeding</th>
<th>Total</th>
<th>P=Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic (SD)</td>
<td>4</td>
<td>9</td>
<td>13</td>
<td></td>
</tr>
<tr>
<td>Secondary (Junior High and High School)</td>
<td>36</td>
<td>0</td>
<td>36</td>
<td>0.000</td>
</tr>
<tr>
<td>Higher (Bachelor)</td>
<td>1</td>
<td>4</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>41</strong></td>
<td><strong>13</strong></td>
<td><strong>54</strong></td>
<td></td>
</tr>
</tbody>
</table>

Source: Data primer 2023
The results of statistical tests show that mothers with basic education (SD) in exclusive breastfeeding as many as 4 and 9 people do not provide exclusive breastfeeding. Mothers with secondary education (junior high and high school) in exclusive breastfeeding as many as 36 people. Mothers with higher education (Bachelor) in exclusive breastfeeding as many as 1 person and 4 people do not provide exclusive breastfeeding. It is known that the statistical value or pValue = 0.000<0.05, then Ha is accepted, so it can be concluded that there is an educational relationship with exclusive breastfeeding in the working area of the Telaga Biru Puskesmas Gorontalo Regency

DISCUSSION

Univariate Analysis

Number of Partus

The highest number of partus in mothers studied at the Telaga Biru Health Center was 31 people primipara and the lowest was grand multipara as many as 1 person. There are also 22 people with multipara. The number of partus or parity is a factor that affects the unsuccess of exclusive breastfeeding, one of which is parity. Parity is the number of fetal births that are eligible for life or the number of live births. Parity can be divided into primipara, multipara and grandemultipara.

According to Wiji (2017), parity in breastfeeding is the experience of exclusive breastfeeding, breastfeeding at the birth of a previous child, breastfeeding habits in the family, and knowledge about the benefits of breastfeeding affect the mother's decision to breastfeed or not. Mothers whose parity > 1 will affect the length of breastfeeding, this is due to the experience factor obtained by the mother.

Based on the discussion above, researchers concluded that multiparous and grand multiparous mothers have experience from previous lactation, this makes mothers more prepared for breastfeeding when they have another baby so that breastfeeding becomes more effective. Previous lactation experiences also help mothers relieve anxiety in breastfeeding their babies. Primiparous mothers have no previous lactation experience so it can cause stress. Stress experienced by primiparous mothers can increase cortisol hormone levels in the blood so many mothers with primiparous do not provide exclusive breastfeeding to their babies.

Mother's Education

The highest maternal education studied at Telaga Biru Health Center was secondary education (SMPA and SMA) and the lowest was higher education (Bachelor) for as many as 5 people, while mothers with basic education (SD) were 13 people. The education of breastfeeding mothers registered at the Telaga Biru Health Center is still relatively low, mostly only up to the secondary level, due to the lack of public awareness about the importance of education. Education is a process for human change, that is, previously humans from ignorance, ignorance, lack of understanding to knowing, smart, and understanding, the point is to form physical and spiritual perfection.

Education is etymologically derived from the word "educate". When made into a noun it turns into education, which means that a process of changing the behavior and attitude of a person or group of people is a way of teaching and training to mature humans. Knowledge comes from one's curiosity so science emerges. Education is a very important vehicle for building and shaping human character, and in the end, the output of education will become a development resource (Haderani, 2018).

Based on the discussion above, researchers concluded that a person's education affects knowledge, where the higher the level of education, the higher the knowledge possessed. Conversely, low education will hinder the development of one's attitudes and behavior towards new values introduced so knowledge is also lacking. In addition, education is one of the demographic characteristics that can influence a person both on the environment and certain objects. In addition, education is an indirect factor that affects a person's attitude and behavior. The higher the education of a person or both the attitudes and behaviors carried out by the person.

Exclusive breastfeeding

The highest was the highest of Exclusive Breastfeeding at the Telaga Biru Health Center, which was given Exclusive Breastfeeding by 41 people, and the lowest was not Exclusive Breastfeeding by 13 people. Some breastfeeding mothers registered at the Telaga Biru Health Center have an awareness of the importance of exclusive breastfeeding, but some do not provide exclusive breastfeeding due to several factors such as breast milk does not come out and factors from contraceptive use.

According to Suja (2023), the amount of breast milk production is also the cause of mothers failing to provide exclusive breastfeeding. The high level of stress of mothers who work in urban areas is a major influence on increasing milk production. Changes in the mother's mood, such as stress, anxiety and worry during breastfeeding can affect the amount of milk produced. Stress can increase the production of stress hormones in the mother's body so that it can damage the function of the brain and all organs of the body.
including inhibiting the production and amount of milk produced. In addition, stress can also reduce the mother's immune system and make the mother vulnerable to illness and can affect milk production to be reduced.

Based on the discussion above, the researchers concluded that most respondents provided exclusive breastfeeding, this is because government programs related to the promotion and public concern for breastfeeding and breastfeeding continue to be encouraged and increase, and the number of mothers who breastfeed their children continues to increase immediately after giving birth, but even though there is an increase, it must be admitted that the achievement is still not optimal as evidenced by there are still mothers who do not provide exclusive breastfeeding where the problem cannot be avoided, so to achieve an increase in exclusive breastfeeding, various parties continue to find solutions and solutions so that all mothers can exclusively breastfeed babies aged 0-6 months.

### Bivariate Analysis

**The Relationship of the Number of Partus to Exclusive Breastfeeding in the Working Area of the Telaga Biru Puskemas Gorontalo Regency**

Mothers with primipara with exclusive breastfeeding as many as 19 and 12 people do not provide exclusive breastfeeding. Mothers with multipara with exclusive breastfeeding as many as 21 people and 1 person do not provide exclusive breastfeeding. Mothers with grand multipara with exclusive breastfeeding as much as 1 person. It is known that the statistical value or pValue = 0.014<0.05, then Ha is accepted, so it can be concluded that there is a relationship between the number of partus on exclusive breastfeeding in the working area of the Telaga Biru Puskemas, Gorontalo Regency.

The results of this study are in line with research conducted by Retnawati (2022) entitled The Relationship of Parity with exclusive breastfeeding in infants aged 7-12 months. The results showed that obtained a value of p = 0.009 then there was a significant relationship between parity with exclusive breastfeeding behavior with OR = 3.656 meaning that multiparous mothers had a 3.6 times chance of exclusive breastfeeding compared to primiparous mothers.

According to Wiji (2017), parity in breastfeeding is the experience of exclusive breastfeeding, breastfeeding at the birth of a previous child, breastfeeding habits in the family, and knowledge about the benefits of breastfeeding affect the mother's decision to breastfeed or not. Mothers whose parity > 1 will affect the length of breastfeeding, this is due to the experience factor obtained by the mother. The status of parity at risk of not exclusively breastfeeding is primipara because knowledge and experience are closely related to what will be done. Multipara already has knowledge and experience from previous parity so it has a greater opportunity to provide exclusive breastfeeding. Primiparous mothers are more irregular in giving milk in the first two weeks and 12 weeks compared to multiparous mothers. Mothers who give birth more than once, milk production is much more than mothers who give birth for the first time. The number of deliveries that the mother has experienced provides experience in giving breast milk to the baby. The more parity the mother will be more experienced in breastfeeding and know how to increase milk production, so there is no problem for the mother in giving milk.

**The relationship between maternal education and exclusive breastfeeding in the working area of the Telaga Biru Puskemas Gorontalo Regency**

Mothers with basic education (SD) in exclusive breastfeeding as many as 4 and 9 people do not provide exclusive breastfeeding. Mothers with secondary education (junior high and high school) in exclusive breastfeeding as many as 36 people. Mothers with higher education (Bachelor) in exclusive breastfeeding as many as 1 person and 4 people do not provide exclusive breastfeeding. It is known that the statistic value or pValue = 0.000<0.05, then Ha is accepted, so it can be concluded that there is an educational relationship with exclusive breastfeeding in the working area of the Telaga Biru Puskemas, Gorontalo Regency.

Research conducted by Ampu (2021) entitled The Relationship between Maternal Education Level and exclusive breastfeeding of Infants at the Neomuti Health Center. The results showed that most of the respondents for cases with secondary education level (SMA/SMK) (73.5%) and for control mostly with basic education (SD, SMP) (50.0%), and there was a significant relationship between the relationship between maternal education level and exclusive breastfeeding of infants at Neomuti Health Center, North Central Timor Regency (p = 0.016).

The high level of education that a mother has has an important role in the success of exclusive breastfeeding programs. The more you have a high level of education, the easier it is for you to receive information, ideas, ideas, and materials so the more knowledge you will get. With an education, there will arise a person's desire and desire to motivate himself to be better in all aspects of life (Notoatmodjo, 2014). Mothers who have low education are mothers to be slow in adopting new knowledge, especially matters related to breastfeeding patterns and the importance of exclusive breastfeeding for babies. The problem of breastfeeding in infants is still related to the low understanding of mothers, and families about the womb, and the most...
important benefits of breast milk for the growth and development of babies into smart next generations. The habit of giving early food to babies in some communities is a trigger for the failure of exclusive breastfeeding.

CONCLUSION
Based on the results of research on the relationship between the number of partus and maternal education on exclusive breastfeeding for the highest number of partus, namely primiparous as many as 31 people, and for the highest education, namely secondary education (junior high and high school) as many as 36 people. In the bivariate analysis, a significant value $= 0.014 < 0.05$ was obtained for the number of partus for exclusive breastfeeding and significant $= 0.000 < 0.05$ for education on exclusive breastfeeding so that it can be concluded that there is a relationship between the number of partus and maternal education on exclusive breastfeeding for the number of partus in the Telaga Biru Puskesmas work area, Gorontalo Regency.

REFERENCES