

## THE EDUCATION AND MOTHER'S OCCUPATION IN WEANING OF BREASTFEEDING IN INFANT LESS THAN TWO YEARS OLD

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### ABSTRAK

Latar Belakang: Proses penyapihan menyusui pada anak dapat disebabkan oleh berhentinya anak dari menyusui ibunya atau bisa juga karena ibu berhenti menyusui anaknya atau bisa juga keduanya karena berbagai sebab. Dampak penyapihan pada bayi dapat menyebabkan hubungan antara anak dan ibu menjadi berkurang karena proses bonding attachment terganggu, kejadian penyakit menular terutama diare meningkat, dan pengaruh gizi dapat menyebabkan gizi buruk pada anak.

Tujuan: Untuk mengetahui hubungan pendidikan dengan pekerjaan ibu pada penyapihan bayi usia di bawah 2 tahun di Puskesmas Rawat Inap Muara Fajar Pekanbaru.

Metode: Penelitian ini menggunakan jenis penelitian kuantitatif dengan pendekatan cross sectional. Populasi dalam penelitian ini adalah seluruh ibu dengan bayi dan balita yang datang ke Puskesmas Muara Fajar dengan jumlah sampel 47 responden. Pengambilan sampel dilakukan dengan cara accidental sampling. Alat ukur yang digunakan adalah kuesioner. Data dikumpulkan dengan menggunakan kuesioner, kemudian dianalisis secara univariat dan bivariat. Uji statistik yang digunakan adalah uji Chi-Square.

Hasil: Hasil uji statistik chi-square menunjukkan ada hubungan antara pendidikan ibu pada bayi menyapih bayi kurang dari 2 tahun dimana  $p = (0,009 < 0,05)$ , hubungan antara pekerjaan ibu dalam menyapih bayi kurang dari 2 tahun lama dimana  $p = (0,005 < 0,05)$ .

Kesimpulan: Ada hubungan antara pendidikan ibu dalam menyapih anak kurang dari 2 tahun dan ada juga hubungan antara pekerjaan ibu dalam menyapih anak kurang dari 2 tahun.

Saran : Dapat diberikan penyuluhan atau edukasi kepada ibu yang sedang menyusui tentang pentingnya pemberian ASI sampai usia 2 tahun.

Kata kunci: Menyapih Menyusui, Pendidikan, Pekerjaan

### ABSTRACT

Background: The process of weaning breastfeeding in children can be caused by the cessation of the child from breastfeeding his mother or it could be the cessation of the mother to breastfeed her child or it could be both for various reasons. The impact of weaning on the baby can cause the relationship between the child and mother to decrease because the bonding attachment process is disrupted, the incidence of infectious diseases, especially diarrhea is increased, and the influence of nutrition can lead to malnutrition in children.

Purpose: To find out the relationship between education and mother's work in weaning infants under 2 years of age at the Muara Fajar Inpatient Health Center Pekanbaru.

Methods: This study uses a quantitative research type with a cross-sectional approach. The population in this study were all mothers with infants and toddlers who came to the Public health Muara Fajar with a total sample of 47 respondents. Sampling was done by accidental sampling. The measuring instrument used is a questionnaire. Data was collected using a questionnaire, then analyzed by univariate and bivariate. The statistical test used is the Chi-Square test.

Results: The results of the chi-square statistical test showed that there was a relationship between mother's education in weaning infants less than 2 years old where  $p = (0,009 < 0,05)$ , the relationship between mother's work in weaning infants less than 2 years old where  $p = (0,005 < 0,05)$ .

Conclusion: There is a relationship between a mother's education in weaning children for less than 2 years and there is also a relationship between a mother's work in weaning children for less than 2 years.

Suggestion: Counseling or education can be given to mothers who are breastfeeding about the importance of breastfeeding until the age of 2 years.

Keywords: Education, Work, Weaning Breastfeeding.

## INTRODUCTION

Exclusive breastfeeding is breastfeeding (breast milk) as early as possible after delivery, given without a schedule, and not given other foods, even though only water, until the baby is 6 months old. After 6 months, babies begin to be introduced to other foods and continue to be breastfed until they baby is two years old (Prihartini, 2013).

Inappropriate breastfeeding (breast milk) in Indonesia causes babies to suffer from malnutrition or malnutrition and malnutrition. Whereas malnutrition in infants will have an impact on psychomotor, cognitive, and social disorders as well as clinically impaired growth. Another impact is that the health and nutrition status of Indonesian children is still a concern. Growth and development in infancy require a balanced and relatively large intake of nutrients. However, a baby's ability to eat is limited by the state of his digestive tract which is still in the maturation stage. The only food that suits the condition of the baby's digestive tract and meets the needs for the first months is breast milk (Haryono et al, 2014).

Another impact of weaning too quickly on babies can cause protection against various infections and low morbidity so that children are easily sick and infected with infections. (Oktoviyanda, 2013).

According to the 2013 WHO, another impact of weaning breast milk too early is stunting. Because at this age is a critical windows period because at this time there is rapid brain development or intelligence and body growth so if at this time are not given adequate nutritional intake to children, stunting will potentially occur. Children who experience stunting at the age of 0-2 years will continue at the age of 3-6 and are at risk of stunting at the pre-pubertal age of 7-9 years (UNICEF, 2016).

In 2017, around 150.8 million or 22.2% of children under five in the world experienced stunting. More than half of stunted children under five in the world come from Asia (55%) while more than a third (39%) live in Africa. Of the 83.6 million stunted children under five in Asia, the highest proportion came from South Asia (58.7%) and the lowest proportion was in Central Asia (0.9%). Indonesia is included as the third country with the highest

prevalence in the Southeast Asia region. The average prevalence of stunting under five in Indonesia from 2005-2017 was 36.4%. (Ministry of Health RI, 2018)

In Indonesia, in 2018 there were 10.74% undernourished children under five in Riau Province, then 3.5% under-nutrition under five, 88.4% good nutrition, and 1.4% poor nutrition. The direct causes of malnutrition are too early weaning age, an unbalanced child diet, and infectious diseases that may be suffered by children. Based on the results of exclusive breastfeeding coverage in Pekanbaru City, shows that the number of babies given exclusive breastfeeding is still less, which is 35% (Provincial Health Profile). Riau, 2018).

The factors that influence weaning in infants less than two years are essentially public health problems, and the cause is influenced by various factors that are related to one another. According to research conducted by Asih (2020), there is a relationship with a significance value of  $0.027 < 0.05$  between maternal education and breastfeeding weaning for less than 2 years in Kedungbulus village, Gembong sub-district, Pati district.

According to Oktaviyanda (2013), there is a negative relationship between work and weaning age ( $p = 0.016$ ), which means that mothers who do not work do weaning faster. This may be caused by various other factors.

Meanwhile, according to research conducted by Kadir (2021), there is a relationship between work status and breastfeeding weaning age ( $p = 0.027$ ) working mothers are more likely to wean children aged <2 years than working mothers, this happens because working mothers spends a lot of time outside the home so that interactions with their children are reduced, including breastfeeding their children and tend to do early weaning.

The results of a preliminary study on 12 mothers found that 7 children were breastfed for <2 years because the mother returned to work, the baby was given complementary feeding, and the reason for pregnancy, while the other 5 children were weaned for 2 years. The purpose of this study was to determine the relationship between education and mother's occupation in weaning breast milk for

infants less than two years old at the Muara Fajar Public Health Center.

Working	22	46,8
Unworking	25	53,2

## METHOD

This research uses quantitative research with correlation analysis research, as well as by using a cross-sectional approach. The population in this study were all mothers who had toddlers (> 2 years) who came to the Muara Fajar Pekanbaru Health Center in November 2021. The sample population was 104 people. Sampling was done by accidental sampling to some of the population as many as 47 respondents who came to the Puskesmas when the research was conducted. Data collection was carried out using a questionnaire instrument. After the data was collected, the data was analyzed univariately, then continued with bivariate data analysis using the Chi-Square statistical test.

## RESULTS

### Univariate Analysis

The first step is data analysis to describe the data on each variable obtained from the research results, which are presented in the form of a frequency distribution table.

**Table 1.**  
**Distribution of Frequency Based on Characteristics of Respondents at the Muara Fajar Health Center, Pekanbaru**

Characteristics	Quantity	%
Age		
< 20 or >35 years old	4	9
20-35 years old	43	91
Education		
Low	35	74,5
High	12	25,5
Profession		

Based on table 1.1, it is found that the majority of respondents are in the age group of 20-35 years, namely 43% of respondents (91%). The majority of respondents have a low level of education, namely 35 respondents (74.5%). The majority of respondents did not work, namely 25 respondents (53.2%).

Based on table 1.2, it was found that the majority of respondents did weaning at the age of < 2 years, namely 25 respondents (53.2%).

**Table 2.**  
**Frequency Distribution of Respondents Based on Weaning Age at Muara Fajar Public Health Center Pekanbaru**

Weaning Age	Quantity	%
< 2 Year	25	53,2
≥ 2 year	22	46,8

### Bivariate Analysis

After knowing the univariate data, then the bivariate data analysis was carried out. To determine the relationship between the dependent variable and the independent variable. To determine the correlation between variables, Chi-Square statistical test was used with a p-value of 0.05. If the results of the calculation of the p-value < p-value (0.05) then  $H_0$  is rejected and  $H_a$  is accepted, meaning that there is a significant relationship.

**Table 3.**  
**Relationship of Education in Weaning Breastfeeding for Infants less than 2 years old at Muara Fajar Public Health Pekanbaru**

Education	Weaning Age				Total		P-value	OR (95% CI)
	< 2 Year		≥ 2 Year					
	N	%	N	%	N	%		
Low	23	65,7	12	34,3	35	100	0,009	9,583 (1,802-50,956)
High	2	16,7	10	83,3	12	100		

Based on table 1.3. it was found that from 35 respondents who had low education there were 23 respondents (65.7%) who did weaning < 2 years and 12 respondents (34.3%) did weaning 2 years. Meanwhile, of the 12 respondents who had higher education, 2 respondents (16.7%) did weaning for <

2 years and 10 respondents (83.3%) did weaning for 2 years. Hasil uji statistik menunjukkan ( $P = 0,009 < 0,05$ ).

This means that there is a significant relationship between maternal education and weaning behavior. This means that education can

influence mothers in doing weaning. In the results of the analysis, the odds ratio value (OR = 9.583) (CI = 1.802-50.956) was obtained. This means that

mothers with low education have a 9.5 times risk of weaning babies < 2 years.

**Table 4.**  
**Employment Relationship in Breastfeeding Weaning for Infants less than 2 years old at Muara Fajar Public Health Pekanbaru**

Profession	Weaning Age				Total		P-value	OR (95% CI)
	< 2 year		≥ 2 year					
	N	%	N	%	N	%		
Unworking	8	32	17	68	25	100	0,005	0,138
Working	17	77,3	5	22,7	22	100		(0,038-0,510)

Based on table 1.4, it was found that from 25 respondents who did not work 8 respondents (32%) did weaning for < 2 years and 17 respondents (68%) did weaning for 2 years. Meanwhile, of the 22 respondents who worked, 17 respondents (77.3%) did weaning for < 2 years and 5 respondents (22.7%) did weaning for 2 years.

Statistical test results showed ( $P = 0.005 < 0.05$ ). This can be interpreted that there is a significant relationship between work and weaning behavior. This means that work can influence mothers in doing weaning. In the results of the analysis, the odds ratio value (OR = 0.138) (CI = 0.038-0.510) was obtained. This means that working mothers are at 0.13 times the risk of weaning babies < 2 years.

## DISCUSSION

### Educational Relationship in Weaning

The results of the Chi-square test prove that there is a significant relationship between education in weaning where  $P = 0.009 < 0.05$ . This means that there is a significant relationship between maternal education and weaning behavior. This means that education can influence mothers in doing weaning. The results of the analysis showed the odds ratio (OR = 9.583) (CI = 1.802-50.956). This means that mothers with low education have a 9.5 times risk of weaning babies < 2 years.

The results of this study are following research conducted by Asih (2020), namely, there is a relationship between the mother's education variable and breastfeeding weaning in toddlers aged 2 years with a significant value of  $0.027 < 0.05$ . mother with a high level of education will wean their children at the age of 2 years according to information obtained from health workers, this is because mothers with higher education will affect the level of maturity and maturity in thinking and acting so that mothers are easily influenced by good information obtained from officers health, or print and

electronic media about the benefits of breastfeeding for their babies and are willing to do according to the information provided got it well.

This study is not in line with research conducted by Oktaviyanda (2013) with the results the study that there is no relationship between education and weaning age ( $p = 0.868$ ), mothers who have higher education will have broad knowledge and the ability to receive more information so they can wish to live in a modern way and are influenced by advertisements for replacing breast milk with formula milk.

According to the theory given by Notoadmodjo (2013), education is all planned efforts to influence other people, either individuals, groups, or communities so that they do what is expected by education actors.

According to the researcher's analysis, a mother's education has a great impact on weaning behavior and greatly influences the baby in achieving a prosperous standard of living and achieving maximum health. Education is an effort to provide knowledge so that positive behavior changes occur. Mothers who have a good education can absorb and understand the knowledge they receive. The better the education of the mother, the easier it is for her to absorb and understand the knowledge she receives, including understanding the importance of exclusive breastfeeding for children related to their growth. Mother's education greatly influences the behavior of mothers in weaning because mothers with higher education will have more knowledge about the benefits of breastfeeding until the age of 2 years and the impact of weaning breast milk for less than 2 years and vice versa mothers with low education will have better knowledge. less to the effects of weaning too early. Mothers who have low knowledge tend to wean early because they do not know the benefits of breast milk are better than formula milk or mothers feel that their child's nutrition is fulfilled only by giving MP-ASI only.

### Employment Relationship in Weaning Test results

The results of the Chi-square test prove that there is a significant relationship between work in doing weaning where  $P = 0.005 < 0.05$ . This can be interpreted that there is a significant relationship between work and weaning behavior. This means that work can influence mothers in doing weaning. The results of the analysis showed the odds ratio value (OR = 0.138) (CI = 0.038-0.510). This means that working mothers are at 0.13 times the risk of weaning babies < 2 years.

This is following the research of Kadir (2021) whose research results have a relationship between work and breast milk weaning with a p-value of  $0.027 < 0.05$ . According to the researcher's assumption, working mothers wean their children at the age of < 2 years due to the activities of mothers who spend too much time outside the home so that there is no time to continue to breastfeed their children.

This study is also following Yulandasari's research (2020) with the results that there is a relationship between work and weaning in children under 2 years with a p-value =  $0.025 < 0.05$  and an OR value = 2.7.

A similar study was also conducted by Audina (2019) where the results showed that there was a relationship between a mother's work and weaning in Calang, Aceh Jaya Regency ( $p=0.032$ ).

Another study states that most mothers who decide to wean breast milk for their children are due to the factor of working mothers where when the mother works the child's milk needs are not met even though the mother has expressed breast milk with a bottle (Wijayanti, 2016).

According to researchers, children who are weaned too early because mothers do not have much time at home due to working outside and less time with children and a lack of understanding of the importance of breastfeeding for babies can affect the behavior of mothers in doing weaning < 2 years, even though working mothers can give breast milk to infants. the child is up to 2 years old, where breast milk can be expressed and stored in the freezer for 3 months and can be given to the baby according to the baby's wishes without having to wait for work to finish. Meanwhile, mothers who do not work have a lot of time with their children, therefore mothers wean their children for 2 years. But there are still mothers who do not work who wean their children < 2 years, this is due to lack of knowledge or because of other factors not examined in this study.

### CONCLUSION

Based on the results of research on the relationship between education and mother's work in weaning breast milk for infants less than 2 years old at the Muara Fajar Health Center Pekanbaru, it can be seen that the majority of respondents are at the age of 20-35 years, namely 43% of respondents (91%), the majority of respondents have The last education is Low, namely 35 respondents (74.5%), the majority of respondents do not work, namely 25 respondents (53.2%). There was a relationship between mothers' education in weaning infants less than 2 years old ( $P = 0.009 < 0.05$ ). There is a relationship between the mother's work in doing weaning in infants less than 2 years old where ( $P = 0.005 < 0.05$ ).

### SUGGESTION

Health workers routinely provide counseling or education to breastfeeding mothers about the importance of breastfeeding until the age of 2 years. Because many young mothers work and do not understand the importance of breastfeeding for up to 2 years.

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