

Relationship Between Post Partum Mother's Knowledge About The Importance Of Colostrum And Mother's Interest In Giving Colostrum

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ABSTRACT

The World Health Organization (WHO) shows that there are 170 million malnourished children worldwide. One of the effects is not to provide breast milk (breast milk) first, namely colostrum as initial immunity in children. A preliminary study at the Tiron Health Center in April 2023 found that only 10% of babies were breastfed after the first birth. This study wants to prove whether there is a relationship between postpartum maternal knowledge about the importance of colostrum with maternal interest in giving colostrum to infants. This study is a relational analytical research using a cross sectional approach. The population in this study was 180 people with incidental sampling techniques. The variable measured is Post Partum Mother's Knowledge of the Importance of Colostrum as an independent variable, while the dependent variable is the mother's interest in giving colostrum to her baby. The results obtained from this study are that almost all (80%) maternity mothers have good knowledge and only a small percentage (10%) of mothers have sufficient knowledge and (10%) mothers have less knowledge about colostrum. The statistical test used in this study is the Spearman Rho test obtained calculation results with a significant value of $p \text{ value} = 0.000$ while $\alpha = 0.05$. Since the significant value is smaller than $\alpha = 0.05$, H_1 is accepted, thus There is a relationship between the mother's postpartum knowledge of the importance of colostrum and the mother's interest in giving colostrum to the baby. As a health teenager who knows the importance of breastfeeding (breast milk) the first is colostrum. Let's make the 0-6 month breastfeeding program a success for babies, so that they can give birth to more qualified future generations.

I. Introduction

According to a report by the Food and Agriculture Organization (FAO), the number of people suffering from malnutrition in the world reached 768 million people in 2020, up 18.1% from the previous year of 650.3 million people. UNICEF estimates that 45.4 million children under five years old globally experienced acute malnutrition (wasting) in 2020 (WHO, 2020). Although the direct cause of infant death is generally infectious diseases, such as acute respiratory infections, diarrhea, and measles, the underlying cause of 54% of infant deaths is malnutrition. (Pitri, 2019).

On the first day of breastfeeding, the mother will produce colostrum which then becomes breast milk. The content of colostrum is very appropriate according to the needs of the baby, easily digested so that it can provide protection against bacteria, viruses, and allergens. (Isoraya, 2016). In Indonesia, the infant mortality rate is currently 35 per 1,000 live births. The Indonesian Pediatrician Association (IDAI) records that no less than 10 infants and 20 children under five die every hour in Indonesia. Breast milk (ASI) has long been believed to be the only main nutrient for newborns, therefore breastfeeding must be done in full, starting with exclusive breastfeeding and continuing breastfeeding until the child is 2 years old properly and correctly and the child gets immunity naturally. No single formula can replace a baby's immune protection, as obtained from colostrum, the breast milk produced during the first few days after birth. Colostrum the .

Based on data in the 2019 Indonesian Health profile, it shows that 41.67% of infants in Indonesia have been exclusively breastfed. From the 2019 IDHS data, exclusive breastfeeding coverage is still 52%, breastfeeding one hour postpartum 8%, first day feeding 52.7%. Low exclusive breastfeeding is a trigger for the low nutritional status of infants and toddlers. (Ministry of Health of the Republic of Indonesia, 2019). Since the establishment of exclusive breastfeeding for infants in Indonesia by the Minister of Health in 2016 through Decree (SK) number 450 / MENKES / IV / 2014 until 2015 there are still few babies who are given exclusive breastfeeding, amounting to 43.73% (Ministry of Health RI, 2015).

The decrease also occurred at the Tiron Health Center through the register book in 2019 as many as 234 deliveries with an average of 19-20 deliveries every month, as well as during 2020 there were 234 deliveries with an average of 10-20 deliveries each month with the achievement of colostrum in the two years only 10-15%, the low coverage was caused because after birth the mother's milk had not come out. Meanwhile, in 2022 from December to April 2023, there were 52 deliveries with an average of 13 deliveries each month, and only 10% of babies were breastfed after the first birth.

Meanwhile, from the results of interviews conducted in the Working Area of the Tiron Health Center, it was found that 5 people (50%) out of 10 respondents had less knowledge about colostrum, 3 people (30%) had sufficient knowledge, and 2 people (20%) had good knowledge. While 6 people (60%) respondents have a positive attitude and want to give colostrum to their babies and 4 people (40%) are negative and do not want to give colostrum to their babies, it is because respondents think the color of colostrum after birth which is slightly yellowish is not so important given.

Colostrum is rich in nutrients and antibodies that function to protect babies from infection. Colostrum will appear again 30 hours later. That means if the baby does not immediately get the first colostrum, it will have the effect of losing highly nutritious substances from the mother. (Rosita, 2008). Breastfeeding until now has not been as expected, there are still many mothers who provide breast milk substitutes (PASI). Roesli (2008), suggests that things that cause postpartum mothers not to give colostrum immediately are caused by fear of the baby being cold, tired, colostrum does not come out immediately or inadequate amounts, as well as the perception that colostrum is harmful to the baby. It is therefore important for all health workers involved in childbirth, including doctors, nurses and midwives to help mothers initiate early breastfeeding immediately after delivery. In an effort to stimulate the release of breast milk. Because if not, it means that it has inhibited the production of breast milk because it allows the milk-making hormones to go down or even disappear from the mother's blood circulation and this is certainly very detrimental to the baby and mother. Especially for midwives should apply the Normal Childbirth Care (APN) program appropriately in which there is an early breastfeeding initiation procedure, where immediately after birth and the umbilical cord has been cut the baby is prone on the mother's chest / stomach, let the baby's skin stick to the mother's skin and the baby is left to find his own mother's milk nipple. The baby is separated from its mother to be weighed, measured and stamped after an hour or the initial feeding is complete.

Based on this background, the researcher is interested in researching "The relationship between Postpartum mothers' knowledge about the importance of colostrum and mothers' interest in giving colostrum to babies in the Working Area of the Tiron Health Center, Kediri Regency in 2023."

II. Methods

The design used in this study is based on the scope of research including inferential research types. Based on the place of research includes the type of field research. Based on the method of data collection, including the type of survey research. Based on the presence or absence of treatment including the type of ex post facto research (revealing facts). Based on the research objectives include correlation analytical research types. Based on data sources including the type of primary research. This study is a correlation analytical study with a cross sectional approach which in this design allows researchers to test the relationship that occurs between the independent variable and the dependent variable. In this study, the infinite population is all Post Partum mothers who gave birth in the Working Area of the Tiron Health Center, Kediri Regency in May 2023. The samples in this study are some postpartum mothers in Tiron, Kediri Regency in May 2023.

III. Results and Discussion

Table 1 Cross-tabulates the relationship between postpartum mothers' knowledge about the importance of colostrum and mothers' interest in giving colostrum to infants in the working area of the Tiron Health Center, Kediri Regency in 2023.

Knowledge	Interest		Total	
	Not interested		Interested	
	f	%	F	%
Less	3	9,7	0	0
Enough	4	12,9	0	0
Good	2	6,5	22	71,0
Total	9	29,0	22	71,0
pvalue = 0,000	r=0,842		α = 0,05	

Based on table 1 shows that of the 31 respondents conducted the study, almost all of them had good knowledge (77.4%), so they had a high interest in providing colostrum for their babies.

Based on the Spearman Rho test, the calculation results were obtained with a significant value of $p \text{ value} = 0.000$ while $\alpha = 0.05$. Because the significant value is smaller than $\alpha = 0.05$, H_0 is rejected and H_1 is accepted, thus there is a relationship between postpartum mothers' knowledge about the importance of colostrum with mothers' interest in giving colostrum to infants in the working area of the Tiron Health Center, Kediri Regency in 2023. The result of the correlation coefficient of 0.842 shows that the relationship between the two variables is very strong and the positive correlation results indicate a parallel correlation or "the better the mother's knowledge about colostrum, the

higher the mother's interest in giving colostrum to her baby in the Working Area of the Tiron Health Center, Kediri Regency in 2023".

Knowledge is the result of knowing and this happens after people sense a particular object. The results showed that almost all (80%) maternity mothers had good knowledge. This indicates that many mothers already understand and even understand the importance of giving colostrum to babies and baby health. So that it can cause great interest for mothers in giving colostrum to their babies.

IV. Conclusion

Almost all respondents are well informed about giving colostrum to infants in the Working Area of the Tiron Health Center, Kediri Regency in 2023. Most mothers are interested in giving colostrum to babies in the Working Area of the Tiron Health Center, Kediri Regency in 2023. There is a very strong relationship between postpartum mothers' knowledge about the importance of colostrum with mothers' interest in giving colostrum to babies with correlation results that show a parallel correlation or "the better the mother's knowledge about colostrum, the higher the mother's interest in giving colostrum to her baby in the Working Area of the Tiron Health Center, Kediri Regency in 2023".

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