

# Analysis of Factors Associated with the Success of Early Breastfeeding Initiation in Pregnant Women at Bhayangkara Hospital

Primasari Oktaviani<sup>1</sup>, Putri Azzahroh<sup>2\*</sup>, Vivi Silawati<sup>3</sup>

*Undergraduate Midwifery Study Study Program, Faculty of Health Sciences, National University, Indonesia*

\* *Corresponding Author: Putri Azzahroh, National University; Jl. Sawo Manila, Pejaten Ps. Minggu Jakarta 1220; [putriazzahroh@civitas.unas.ac.id](mailto:putriazzahroh@civitas.unas.ac.id) 081279347414.*

Submission date: 16-02-2024; Date of received: 23-05-2024; Publication date: 31-05-2024

## ABSTRACT

### ANALYSIS OF FACTORS RELATING TO THE SUCCESS OF EARLY BREASTFEEDING INITIATION IN MOTHER GIVES BIRTH AT BHAYANGKARA HOSPITAL TK I PUSDOKKES POLRI

**Background:** The percentage of early initiation of breastfeeding in Lampung province in 2016, starting to receive breast milk in less than one hour, was 41.5% and in one hour or more was 7.0%. Various factors that cause the low practice of IMD in Indonesia include the lack of education, attitudes and motivation of breastfeeding mothers, and are influenced by the behavior and actions of midwives who do not provide counseling regarding IMD during pregnancy and do not support the management of IMD in Normal Childbirth Care (APN) as well as family support.

**Research Objectives:** The factors related to early initiation of breastfeeding among mothers giving birth at the Bhayangkara Tk I Puskokkes Polri Hospital are known.

**Methodology:** The type of research used is quantitative research with a cross sectional approach. The population in this study was all mothers giving birth at Bhayangkara Hospital TK I Puskokkes Polri totaling 53 respondents with a sample of 47 people using a purposive sampling technique. Data collection uses a questionnaire. Univariate and bivariate data analysis (chi square test).

**Research result:** the results of the univariate analysis that IMD success was 31 (66.6%), positive motivation was 28 (59.6%), positive maternal attitude was 27 (57.4%), positive husband support was 36 (76.6%), positive officer role was 35 (74.5%). Bivariate results show the relationship between maternal motivation and grades (p-value = 0.000), maternal attitudes (p-value = 0.000), husband's support (p-value = 0.029), and the role of health workers (p-value = 0.001).

**Conclusion:** There is a relationship between maternal motivation, maternal attitude, husband's support, and the role of health workers with the initiation of early breastfeeding

in newborns at the Bhayangkara Tk I Hospital, National Police Health Center.

**Suggestion:** For health workers to provide the widest possible information regarding early initiation of breastfeeding and provide motivation to mothers in labor to initiate early breastfeeding.

**Keywords:** early initiation of breastfeeding, motivation, husband's support, role of staff, mother's attitude.

## Background

Early initiation of breastfeeding is when the baby starts to breastfeed on its own immediately after birth. As long as the baby's skin is allowed to come into contact with the mother's skin, at least one hour immediately after birth. The way babies initiate early breastfeeding is called the breast crawl or crawling looking for the breast (Roesli, 2013).

One step towards successful breastfeeding is to provide breast milk as soon as possible to newborn babies or what is called early initiation of breastfeeding. IMD is the process of breastfeeding a baby immediately after birth, where the baby is left to look for the mother's own nipple without having to offer it to the nipple (Roesli, 2013). Babies who are given the opportunity to breastfeed early by placing the baby in skin-to-skin contact for at least an hour, breastfeed twice as long as a result (Sose et.al.1978 in Roesli, 2013). There are so many studies and surveys that state the benefits and benefits of Early Breastfeeding Initiation (IMD) and exclusive breastfeeding for mothers, babies, as well as for families and society, but ironically the coverage of these two breastfeeding practices is still very low.

In America, 44% of babies are given exclusive breast milk for 3 months and only 22% are given breast milk for 6 months (Mayhey, 2016). Globally, no more than 35% of babies are breastfed for less than four months, in Egypt 79% of babies under two months of age are breastfed. However, the proportion of exclusive breastfeeding decreases rapidly when the baby is 4-5 months old. About seven out of ten babies receive some form of supplement (Nafelsayed, 2016).

The presentation of exclusive breastfeeding for babies aged 0-5 months in Indonesia in 2016 was 54.0%, while babies who had been exclusively breastfed until the age of 6 months were 29.4%, this is a decrease compared to 2015 which was 55.7%. Meanwhile, the percentage of early breastfeeding initiation processes in Indonesia in 2016, starting to receive breast milk in less than one hour, was 42.7% and in one hour or more was 9.2% (Ministry of Health, 2017).

The success of exclusive breastfeeding is determined by two factors, namely internal factors and external factors. Internal factors that influence exclusive breastfeeding are education, age, parity, employment, knowledge, psychological and physical motivation of the mother. Meanwhile, external factors that influence are the role of the husband, place of birth, birth attendant, and early initiation of breastfeeding (IMD).

Apart from influencing the success of exclusive breastfeeding, IMD can also prevent neonatal deaths by up to 22% in the first 28 days of life. *This is in accordance with the Aprilia journal (2010), one of the factors that influences the implementation of IMD and exclusive breastfeeding is the attitude factor, health workers, especially midwives in terms of motivation, mothers in implementing IMD.* Motivation is everything that encourages someone to do something. Motivation is a feeling or thought that encourages someone to do work or exercise power, especially in behavior (Nursalam, 2016).

Based on data from the Ministry of Health of the Republic of Indonesia in 2016, coverage of exclusive breastfeeding in Lampung Province decreased by 8.8%. This can be seen from the 2016 Ministry of Health's Data and Information Center (Pusdatin) which stated that Lampung was at 63.7% in 2014, in 2015 there was a decrease at 54.9% from the target of 80 percent, in 2016 there was a decrease at 43 .1%. Meanwhile, the percentage of early breastfeeding initiation in Lampung province in 2016, starting to receive breast milk in less than one hour, was 41.5% and in one hour or more was 7.0% (Ministry of Health, 2017).

Various factors that cause the low practice of IMD in Indonesia include the lack of education, attitudes and motivation of breastfeeding mothers, and are influenced by the behavior and actions of midwives who do not provide counseling regarding IMD during pregnancy and do not support the management of IMD in Normal Childbirth Care (APN). as well as family support (Purpasari, 2018).

A mother's success in breastfeeding is greatly supported by the psychological preparation carried out since pregnancy. A mother's positive decision or attitude towards breastfeeding during pregnancy is very important for successful breastfeeding. Attitude is an evaluative statement towards an object, person or event. This reflects a person's feelings towards something (Dompas, 2021).

The IMD method was introduced by Karen M. Edmon in March 2006. This method is based on the baby's reflex or ability to defend itself (Survival instinct). Babies who are only 20 minutes old can automatically look for their mother's nipples. This process can take 1 hour or more. This method is done by placing the newborn baby directly on the mother's chest and letting the baby crawl to find the mother's nipple for breastfeeding. IMD must be done immediately after the baby is born without delay. Once the baby is born and the baby is judged to be healthy, then the baby is given IMD with the entire body first dried, except for the hands. The process must take place skin to skin between baby and mother (Widuri, 2013).

According to L. Green in Notoadmotjo (2014) a person's behavior is influenced by three factors, namely: predisposing factors (knowledge, attitudes, perceptions, characteristics, etc.), reinforcing (family support, the role of health workers, laws/regulations, and others) and enabling factors (social environment, accessibility, family economic status, etc.).

Information about Early Breastfeeding Initiation really requires preparation for birth. Apart from that, the availability of information regarding various motivational factors that play a role in Early Breastfeeding Initiation can be used by various other elements such as health workers and also families to motivate them to carry out Early Breastfeeding Initiation (Ministry of Health, 2016). Various efforts have been made to promote exclusive breastfeeding, but for Early Breastfeeding Initiation, there is still little material that reaches mothers, either through health cadres or health workers around where they live. In fact, only in a few maternity hospitals (in big cities) can you find Early Breastfeeding Initiation services for mothers giving birth (Ministry of Health, 2016).

According to Legesse's research (2015), factors related to the success of IMD are mothers who give birth at home, not working (housewives), lack of awareness and knowledge about the advantages or benefits of early initiation of breastfeeding. Amaliyah's research (2009) Immediate breastfeeding for newborns (30%) is low, with variables of age, education, knowledge, attitude, antenatal care, family support, birth attendant behavior and exposure to media and the dependent variable is immediate colostrum administration to babies Newborn. In multivariate analysis, it was found that the most dominant factor associated with immediate IMD in newborns was the behavior of birth attendants.

The failure of IMD is caused by several factors, including the mother's lack of knowledge regarding IMD, the mother's attitude of refusing to implement IMD, lack of maternal motivation, lack of support from family and health workers, lack of adequate health facilities, and government policies that do not support the implementation of IMD. Apart from that, there are several interventions that can interfere with the implementation of IMD, such as the use of general anesthesia for Caesarean delivery. Various efforts have been made by the government, including health promotion efforts. Health promotion is essentially an effort to convey messages to the public. The aim of health promotion is to empower individuals, families and communities to foster healthy living behavior and develop community-based health efforts. With promotional efforts, it is hoped that it can increase people's knowledge and motivation to adopt healthy living behavior. Even though there has been a lot of promotion and research on IMD, the number of IMD implementation remains low.

Based on the results of the pre-survey carried out, it is known that of the 7 mothers who gave birth, 4 (57.1%) mothers did not have the desire to do IMD because they felt that if the baby was placed on the stomach it would not be safe and they were afraid of falling and the mother also stated that the breastfeeding process would be It can be done when the mother has finished giving birth, so it can be done when the mother is in the inpatient room. Overall, the mother said that her husband also did not know the benefits of taking IMD so that whether IMD was carried out or not was not a problem. So far, health workers have provided services during childbirth, such as telling mothers that IMD will be carried out when the baby is born, but these efforts appear to have not shown results because there are still mothers who do not carry out IMD until it is successful, it is categorized as successful if the baby finds the mother's milk nipple and apply suction on the nipple.

Based on the data described above, the author is interested in researching the analysis of factors related to the success of early breastfeeding initiation among mothers giving birth at Bhayangkara Tk I Hospital, National Police Health Center.

## **Method**

The results of this research indicate that the method should be structured as follows:

### *1. Research design*

The type of research used in this research is quantitative research, a research method

which can be interpreted as a method based on the philosophy of positivism used to research certain populations or samples, data collection uses quantitative data analysis research instruments.

2. Settings and samples

The population in this study is All mothers giving birth at Bhayangkara Hospital TK I Puskokkes Polri totaled 53 respondents. The sample size was 46.6 and rounded to 47 people.

3. Measurement and data collection

In this research, the data collection technique is by using an observation sheet, which is carried out by measuring the respondents. Data processing, namely: Data editing, data coding, Data Processing and Cleaning (data cleaning)

4. Data analysis;

Analysis of research data usually goes through a step-by-step procedure, including: Univariate Analysis (Descriptive Analysis) and Bivariate Analysis

**Results**

**Univariate Analysis**

**Table 1**

**Frequency distribution of successful IMD for pregnant women at Bhayangkara Hospital Tk I National Police Health Center**

IMD success	Frequency	Percentage
Not successful	16	34
Succeed	31	66
Total	47	100

It is known that IMD success was 31 (66%) and IMD failure was 16 (34%).

**Table 2**

**Frequency distribution of maternal motivation at Bhayangkara Hospital Tk I National Police Health Center**

Motivation	Frequency	Percentage
Negative	19	40.4
Positive	28	59.6
Total	47	100

It is known that positive motivation is 28 (59.6%) and negative motivation is 19 (40.4%)

**Table 3**

**Frequency distribution of mother's attitude at Bhayangkara Hospital Tk I National Police Health Center**

Mother's attitude	Frequency	Percentage
Negative	20	42.6
Positive	27	57.4
Total	47	100

It is known that positive maternal attitudes are 27 (57.4%) and negative maternal attitudes are 20 (42.6%) and).

**Table 4**

**Frequency distribution of husband's support at Bhayangkara Hospital Tk I National Police Health Center**

Husband's support	Frequency	Percentage
Negative	17	36.2
Positive	30	63.8
Total	47	100

It is known that positive husband support is 30 (63.8%) and negative husband support is 17 (36.2%).

**Table 5**  
**Frequency distribution of officers' roles at Bhayangkara Hospital Tk I National Police Health Center**

Officer's role	Frequency	Percentage
Negative	12	25.5
Positive	35	74.5
Total	47	100

It is known that the role of positive officers is 35 (74.5%) and the role of negative officers is 12 (25.5%).

**Bivariate Analysis**

**Table 6**  
**The relationship between maternal motivation and IMD in newborn babies at Bhayangkara Hospital Tk I PUSDOKKES POLRI**

Motivation	IMD in newborns				Amount		P-Value	OR 95%CI
	Not successful		Succeed					
	n	%	n	%	N	%		
Negative	13	27.7	6	12.8	19	100	0,000	18,056 (3,873- 84,175)
Positive	3	10.7	25	89.3	28	100		
Total	16	34	31	66.0	47	100		

It is known that mothers who have positive motivation are 89.3% successful in carrying out IMD. The statistical test results obtained p-value = 0,000 which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between maternal motivation and early initiation of breastfeeding in newborns at Bhayangkara Hospital Tk I PUSDOKKES POLRI, with an OR value of 18.056, meaning respondents with negative motivation have a chance 18,056 times unsuccessful in carrying out IMD when compared with positively motivated respondents.

**Table 7**  
**The relationship between maternal attitudes and early initiation of breastfeeding in newborn babies at Bhayangkara Tk I Hospital, National Police Health Center**

Attitude	IMD in newborns				Amount		P-Value	OR 95%CI
	Not successful		Succeed					
	n	%	n	%	N	%		
Negative	13	65	7	35	20	100	0,000	14,857 (3,277- 67,360)
Positive	3	11.1	24	88.9	27	100		
Total	16	34	31	66	47	100		

It is known that 88.9% of mothers with a positive attitude experienced IMD success. The statistical test results obtained p-value = 0,000 which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between the mother's attitude and the early initiation of breastfeeding in newborns at Bhayangkara Hospital Tk I National Police Health Center, with the OR value 14,857. This means that respondents with negative attitudes have a chance 14,857 times unsuccessful in carrying out IMD when compared with respondents who were positive.

**Table 8**  
**The relationship between mother's husband's support and early initiation of breastfeeding in newborn babies at Bhayangkara Hospital Tk I PUSDOKKES POLRI**

Husband's support	IMD in newborns				Amount		P-Value	OR 95%CI
	Not successful		Succeed					
	n	%	n	%	N	%		

<b>Negative</b>	10	58.8	7	41.2	17	100	0.017	5,714
<b>Positive</b>	6	20	24	80	30	100		(1,532-
<b>Total</b>	16	34	31	66	47	100		21,317)

It is known that 80% of mothers who receive support from their husbands experience IMD success. The statistical test results obtained p-value = 0,017 which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between husband's support and early initiation of breastfeeding in newborns at Bhayangkara Hospital Tk I National Police Health Center, with an OR value 5,714. This means that respondents with negative husband support have a chance 5,714 times unsuccessful in carrying out IMD when compared with respondents who received positive husband support.

**Table 9**

**The relationship between the role of health workers and the initiation of early breastfeeding in newborn babies at Bhayangkara Hospital Tk I Pusdokkes Polri**

Officer's role	IMD of newborn babies				Amount		P-Value	OR 95%CI
	Not successful		Success		N	%		
	n	%	n	%				
<b>Negative</b>	9	75	3	25	12	100	0.001	12,000
<b>Positive</b>	7	20	28	80	35	100		(2,555-
<b>Total</b>	16	34	31	66	47	100		56,370)

It is known that 80% of officers have a positive role in experiencing IMD success. The results of the statistical test obtained p-value = 0.001, which means  $p < \alpha = 0.05$  ( $H_a$  was accepted and  $H_o$  was rejected), so it can be concluded that there is a relationship between the role of health workers and the initiation of early breastfeeding in newborn babies at Bhayangkara Hospital Tk I Pusdokkes Polri, with an OR value of 12,000, it means that respondents with a negative health worker role are 12,000 times more likely to fail to carry out IMD when compared to respondents with a positive health worker role.

## Discussion

### Univariate Analysis

#### Success of IMD for Maternity Mothers

Based on the research results, it is known that 16 (34.0%) IMD successes were unsuccessful and 31 (66.0%) IMD successes were successful. Early initiation of breastfeeding is when the baby starts to breastfeed on its own immediately after birth. As long as the baby's skin is allowed to come into contact with the mother's skin, at least one hour immediately after birth. The way babies initiate early breastfeeding is called the breast crawl or crawling looking for the breast (Roesli, 2018).

In line with Hidayat's research (2023), the results showed that pregnant women and breastfeeding mothers who had a good level of knowledge were 20 people (50%), pregnant women and breastfeeding mothers who had a sufficient level of knowledge were 13 people (32.5%), and pregnant women and breastfeeding mothers who had a poor level of knowledge were 7 people (17.5%). A'yun's research (2021) The majority of respondents who did IMD were 40 people or 64.52% and those who did not do IMD were 22 people or 35.48%. Wardhani's research (2018) shows that the success of early breastfeeding initiation in the majority of mothers who gave birth was successful in initiating early breastfeeding, namely 63.3% or 19 respondents.

In the opinion of researchers, the success of IMD can be caused by several factors such as strong maternal motivation, good maternal knowledge, support from husbands, and the active role

of health workers so that mothers can successfully carry out IMD, but mothers who are not successful in carrying out IMD can also be due to The mother does not understand the benefits of IMD itself, there is no support from her husband and the role of officers is less active so that IMD is not successful.

### **Mother's Motivation**

Based on the research results, it is known that negative motivation is 19 (40.4%) and positive motivation is 28 (59.6%).

Motivation is a concept used to describe the impulses that arise in or within an individual that move and direct behavior (Hidayat, 2013).

In line with Hidayat's research (2023) The results showed that pregnant women who had strong motivation were 29 people (72.5%), while pregnant women and breastfeeding mothers who had moderate motivation were 11 people (27.5%). Wulandari's research (2020) revealed that from 76 respondents, the majority of breastfeeding mothers' motivation was strong, namely 52 people (68.4%).

In the opinion of researchers, mothers whose motivation is not good or negative are because the mother does not yet understand the benefits of IMD for herself and the baby being born, so the mother does not have strong motivation to carry out IMD. As an effort to increase motivation, health workers should provide information about the importance of IMD while the mother is still pregnant, so that the mother truly understands the benefits of implementing IMD.

### **Mother's attitude**

Based on the research results, it is known that negative maternal attitudes were 20 (42.6%) and positive maternal attitudes were 27 (57.4%).

According to Azwar (2016) attitude is a general evaluation that humans make of themselves, other people, objects or issues. Factors that influence attitude formation: personal experience, the influence of other people who are considered important, the influence of culture, mass media, educational institutions and religious institutions and the influence of emotional factors.

In line with Nufra's research (2020), the majority of respondents had a negative attitude, namely 22 respondents (59.5%). Pranata's research (2018) shows that half, namely 10 people (50%) of respondents have a positive attitude and the other half have a negative attitude about IMD. Rustihati Research (2022) Most respondents (65.5%) have a positive attitude about IMD.

In the opinion of researchers, poor attitudes related to IMD are due to mothers' lack of knowledge about IMD. Mother's knowledge is one of the factors that can influence attitudes, with good knowledge it can change attitudes to be more positive.

### **Husband's support**

Based on the research results, it is known that negative husband support was 17 (36.2%) and positive husband support was 30 (63.8%).

A husband is a system of emotional interaction that is complexly regulated in positions, roles and norms which are further regulated in subsystems within the family, these subsystems become the basis of the family structure or organization. The family system has a boundary, as does every subsystem that aims to protect system differences; that each family has differences that occur through the growth and evolution of subsystems. Each sub-system has a specific function which then places special demands on its members (Padila, 2012).

In line with research Wardhani (2018) showed that most of the husband's support during early breastfeeding initiation was good, namely 53.3% or 16 respondents. Sholeh's research (2019) shows that the majority of respondents' husbands' support was positive, amounting to 21 people (70%). Aryani's research (2021) received support from husbands to carry out IMD of 78.8% (26 people).

Husband's support is the most meaningful support for mothers. Fathers can play an active role in the successful implementation of IMD. Husbands simply provide emotional support and play an active role by providing practical assistance such as preparing for the mother's needs during the IMD implementation process and providing food and drink. Therefore, husband's support is one of the influencing factors. According to the researcher's assumption in this study, the husband's support is very influential on the mother's condition during pregnancy, childbirth, postpartum and breastfeeding. It's good that the husband continues to provide support for the mother. The good thing about this support can change the mother's behavior. So the better the support provided for IMD implementation, the better the IMD implementation will be.

### **Officer's Role**

Based on the research results, it is known that the role of negative officers is 12 (25.5%) and the role of positive officers is 35 (74.5%).

The role of health workers is a support system for patients by providing assistance in the form of information or advice, real assistance, or actions that have emotional benefits or influence the recipient's behavior (Ministry of Health, 2012).

In line with Dewi's (2021) research, it was found that out of 52 respondents there were 29 respondents (55.8%) health workers who did not support the implementation of IMD and 23 respondents (44.2%) health workers who supported the implementation of IMD. Sulistianingsih's (2020) research on the role of health workers found that the majority of health workers facilitated the implementation of IMD (89.3%). Manopo's research (2019) found that support from health workers was good as many as 26 (81.3%) and support from health workers was poor as many as 6 (18.8%).

According to researchers, health workers play an active role in advancing the welfare of mothers and children. The support provided by health workers greatly influences the behavior of each patient. With good support, the patient will carry out what is recommended by health workers.

### **Bivariate Analysis**

#### **The relationship between maternal motivation and early initiation of breastfeeding in newborn babies**

Based on the results of statistical tests,  $p\text{-value} = 0.000$ , which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between maternal motivation and early initiation of breastfeeding in newborn babies at Bhayangkara Hospital Tk I Puskokkes Polri, with an OR value of 18, it means that respondents with negative motivation have an 18 times chance of choosing not to succeed in IMD when compared to respondents with positive motivation.

Motivation is a motivational psychological characteristic that contributes to a person's level of commitment. This includes factors that cause, channel, and maintain human behavior in a certain determined direction. Motivation is everything that encourages someone to do something. Motivation is a feeling or thought that encourages someone to do work or exercise power, especially in behavior (Nursalam, 2016).

Positive motivation to initiate early breastfeeding can also be caused by encouragement from the health worker where the respondent gave birth and also from her husband. Negative motivation to initiate early breastfeeding can be caused by the respondent's ignorance about early initiation of breastfeeding. This ignorance is a factor that hinders early breastfeeding.

In the opinion of researchers, mothers who have positive motivation but do not carry out IMD are influenced by several factors, including maternal factors such as fatigue so that the mother does not want to carry out IMD, mental factors such as cold babies, insufficient health workers to accompany the mother in carrying out IMD and facility factors. and delivery room infrastructure, so that before the IMD process is carried out the mother must be moved to another room which should still be implemented, namely by moving the mother to the recovery room or treatment room with the baby still on the mother's chest, giving the baby the opportunity to continue its efforts to reach the breast. and early breastfeeding.

For successful breastfeeding, mothers must have strong motivation. Therefore, every mother must always have the motivation to be able to breastfeed her baby herself. Apart from that, mothers must also believe that the best main food for their babies is breast milk, which will provide enormous benefits for their babies, including providing natural immunity, being able to educate, being rich in vitamins and minerals, as well as being more economical and saving time

and energy. By always remembering the benefits of breast milk, mothers will always be enthusiastic about breastfeeding their babies. The husband provides support, especially in giving attention, love and affection to the breastfeeding wife so that the wife will feel calm and increase the mother's confidence in breastfeeding her baby.

### **The relationship between maternal attitudes and early initiation of breastfeeding in newborn babies**

Based on the results of statistical tests,  $p\text{-value} = 0.000$ , which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between the mother's attitude and the initiation of early breastfeeding in newborn babies at Bhayangkara Hospital Tk I Puskokkes Polri, with an OR value of 14.8, meaning that respondents with a negative attitude have a 14.8 chance of choosing not to succeed in IMD when compared to respondents with a positive attitude.

A mother's success in breastfeeding is greatly supported by the psychological preparation carried out since pregnancy. A mother's positive decision or attitude towards breastfeeding during pregnancy is very important for successful breastfeeding. Attitude is an evaluative statement towards an object, person or event. This reflects a person's feelings towards something (Dompas, 2021).

In line with Wahyuni's (2019) research, the results show that  $p = 0.036$  which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), so it can be concluded that there is a relationship between the respondent's attitude and the mother's desire/interest in carrying out IMD. Manopo's research (2019) shows that maternal attitudes are significantly related to Early Breastfeeding Initiation (IMD) ( $p = 0.027$ ).

Factors that influence attitudes can be influenced by education. Education is defined as a progressive change in a person that influences his knowledge/attitudes and behavior as a result of learning and studying. Education includes the processes a person goes through in developing abilities and enriching knowledge; This process also helps bring about changes in the person's attitude or behavior. From this description, it is known that there are respondents who have positive and negative attitudes, this is due to their own tendencies and habits (internal factors), namely being able to apply the knowledge they have in actual situations and conditions, and they know that early initiation of breastfeeding is beneficial for her baby's life.

In the researcher's opinion, midwives' encouragement to build maternal attitudes towards IMD in normal childbirth remains as long as the condition of the mother and baby is healthy. The husband or close family who will accompany the mother during IMD will strengthen the mother's attitude and self-confidence to initiate early breastfeeding and continue with breastfeeding. Attitude is a reaction or response that is still closed from a person to a stimulus or object. This

attitude is still a closed reaction, not an open reaction or overt behavior. Mothers who know about the benefits of IMD will breastfeed their babies immediately after giving birth compared to mothers who do not know about the benefits of IMD.

### **The relationship between mother's husband's support and early initiation of breastfeeding in newborn babies**

Based on the results of statistical tests,  $p\text{-value} = 0.017$ , which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between husband's support and the initiation of early breastfeeding in newborn babies at Bhayangkara Hospital Tk I Pusedokkes Polri, with an OR value of 5.714, meaning that respondents with negative husband support have a 5,714 chance of choosing not to succeed in IMD when compared to respondents with positive husband support.

A husband is a system of emotional interaction that is complexly regulated in positions, roles and norms which are further regulated in subsystems within the family, these subsystems become the basis of the family structure or organization. The family system has a boundary, as does every subsystem that aims to protect system differences; that each family has differences that occur through the growth and evolution of subsystems. Each sub-system has a specific function which then places special demands on its members (Padila, 2012).

In line with Sholeh's (2019) research, the research results were analyzed using the alternative Fisher exact test. The results of the study showed that there was a significant relationship between husband's support for the implementation of early breastfeeding initiation ( $p$  value 0.030). Gaol's research (2020) shows that there is a significant relationship between husband's support and providing early breastfeeding initiation for mothers giving birth ( $p\text{-value} = 0.000$ ). Manopo's research (2019) shows that husband's support is significantly related to Early Breastfeeding Initiation (IMD) ( $p=0.031$ ).

According to researchers' assumptions, support includes providing information, emotions and providing help. Information support includes knowledge about the benefits of breastfeeding and how to breastfeed. Emotional support includes providing understanding, encouraging and loving. Help support includes providing physical assistance to be able to breastfeed the baby. This is also in accordance with what Roesli stated that in the management of early initiation of breastfeeding in general, it is recommended that the husband accompany the mother during childbirth.

### **The relationship between the role of health workers and the initiation of early breastfeeding in newborn babies**

Based on the results of statistical tests,  $p\text{-value} = 0.001$ , which means  $p < \alpha = 0.05$  ( $H_a$  is accepted and  $H_o$  is rejected), it can be concluded that there is a relationship between the role of

health workers and the initiation of early breastfeeding in newborn babies at Bhayangkara Tk I Puskokkes Hospital Polri, with an OR value of 12, means that respondents with a negative health worker role have a 12 times chance of choosing not to succeed in IMD when compared to respondents with a positive health worker role.

The role of health workers is a support system for patients by providing assistance in the form of information or advice, real assistance, or actions that have emotional benefits or influence the recipient's behavior (Ministry of Health, 2012).

In line with Lestari's (2018) research, from analysis using the Kendall Tau test, a P value of 0.02 was obtained. Because the p-value is  $0.02 \leq 0.05$ , it is stated that  $H_0$  is rejected and  $H_a$  is accepted, this means that there is a significant relationship between the role of health workers and the implementation of early breastfeeding initiation. Manopo's research (2019) shows that support from health workers is significantly related to Early Breastfeeding Initiation (IMD) ( $p=0.003$ ).

In the researcher's opinion, in this study, health workers play an active role in advancing the welfare of mothers and children. The support provided by health workers greatly influences the behavior of each patient. With good support, the patient will carry out what is recommended by health workers.

### **Conclusion**

Maternity mothers who successfully carried out IMD at Bhayangkara Tk I Hospital, National Police Health Center were 31 respondents (66%). There were 28 respondents (59.6%) of mothers who gave birth with positive motivation at Bhayangkara Tk I Hospital, National Police Health Center. There were 26 respondents (55.3%). Positive husband support at Bhayangkara Hospital Tk I National Police Health Center was 30 respondents (63.8%). The role of positive officers at Bhayangkara Hospital Tk I Puskokkes Polri was 35 respondents (74.5%). There is a relationship between maternal motivation and early initiation of breastfeeding in newborns, mother's attitude towards early initiation of breastfeeding in newborns, mother's husband's support for early initiation of breastfeeding in newborns, and the role of health workers in early initiation of breastfeeding in newborns in hospitals. Bhayangkara Kindergarten I Puskokkes Polri.

### **Suggestion**

Pregnant women can seek information about IMD through print, electronic media and health workers to increase knowledge regarding IMD. For Bhayangkara Hospital Tk I Puskokkes Polri can provide health education in order to improve the quality of health services, especially health

education about early initiation of breastfeeding and for midwives can support the implementation of early initiation of breastfeeding when assisting with childbirth and further improve health promotion, especially about the benefits of early initiation of breastfeeding so that it can be implemented. Early breastfeeding initiation process to support the success of exclusive breastfeeding

## References

1. Azwar, S., Human Attitudes: Theory and Measurement. 2nd edition. Yogyakarta. Student Library. 2016.
2. Dompas, R. The Role of the Family in Exclusive Breastfeeding. Yogyakarta. Deepublish. 2021.
3. Gaol, YHL Relationship between the Implementation of Early Breastfeeding Initiation for Mothers in Birth and Support from Husbands in the Working Area of the Kutalimbaru Health Center, Deli Serdang Regency, 2017. 2020.
4. Lestari, M. Analysis of Factors Associated with the Implementation of Early Breastfeeding Initiation among Mothers in Birth at the Asih Waluyo Jati Maternity Clinic, Yogyakarta. Ar-Rum Salatiga Health Scientific Journal, 2018. 2(2), 35-41.
5. Notoatmodjo, S., Health Promotion and Health Behavior. Jakarta: Rineka Cipta. 2014
6. Nufra, YA, & Rahmita, A. The Relationship between Knowledge and Attitudes of Post Partum Mothers and the Implementation of Early Breastfeeding Initiation (IMD) at Jeumpa Community Health Center, Bireuen Regency in 2020. Journal of Healthcare Technology and Medicine, 2020. 6(1), 364-372.
7. Nursalam, D. Nursing Management" Applications in Professional Nursing Practice. 4th Edition. Jakarta. Salemba Medika. 2016.
8. Padila. Textbook: Family Nursing. Yogyakarta: Nuha Medika. 2012.
9. Purpasari, AD Identification of the Success of Early Breastfeeding Initiation (IMD) in Mothers with Normal Delivery in the VK Maternity Room at RSUD Dr. Soetomo Surabaya. (Doctoral dissertation, Muhammadiyah University of Surabaya). 2018
10. Roesli, U. Early initiation of breastfeeding plus exclusive breastfeeding. Jakarta. Puspa Swara. 2013.
11. Rustihati, NN The Relationship between Knowledge and the Attitudes of Pregnant Women Regarding Early Breastfeeding Initiation at the Tembuku II Community Health Center (Doctoral dissertation, Department of Midwifery 2022).
12. Sholeh, R., Agrina, A., & Safri, S. The Relationship of Husband's Support to the Implementation of Early Breastfeeding Initiation (IMD) in Hospitals. Holistic Nursing and Health Science, 2019. (2):2, 17-25.
13. Wardhani, SK, & Chotimah, C. The Relationship between Husband's Support and the Success of Early Breastfeeding Initiation in Maternity Women at the Bu Nafsi Wonogiri Maternity Clinic. Indonesian Journal on Medical Science, 2018. (5):2.
14. Wulandari, MRS, Suartha, IN, & Dharmawati, NLP The Relationship between Motivation of Breastfeeding Mothers and the Success of Exclusive Breastfeeding. Journal Center of Research Publications in Midwifery and Nursing, 2020. (4):2,33-39