EFFECT OF HEALTH EDUCATION USING FLIP CHART ON THE PRACTICE OF EXCLUSIVE BREASTFEEDING AMONG LACTATING MOTHERS AT KOBAKMA HEALTH CENTER, CENTRAL MAMBEREMO, PAPUA

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ABSTRACT

Background: Breast milk provides the ideal nutrition for infants. Exclusive breastfeeding is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond. Most of lactating mothers in Kobakma health center do not give exclusive breastfeeding to infants because of lack of knowledge and low education. This study aimed to determine the effect of health education using flip chart on the practice of exclusive breastfeeding among lactating mothers at Kobakma health center, Central Mamberemo, Papua.

Subjects and Method: This was a quasi-experiment pre-test and post-test with control group design. This study was conducted at Kobakma health center, Central Mamberemo, Papua. A total sample of 60 mothers who had infants aged 0-6 months was selected for this study, and was divided into 2 groups: the flip chart group and control group. The dependent variables were knowledge, attitude, and practice of exclusive breastfeeding. The independent variable was flipchart. The data were collected by questionnaire. Difference in means was tested by t test. Difference in proportion was tested by chi-square.

Results: After the intervention, the mean scores of knowledge and attitude were higher in the flipchart group than in the control group, and it was statistically significant. Likewise, after the intervention, the proportion of breastfeeding practice were higher in the flipchart group than in the control group, and it was statistically significant.

Conclusion: Health education using flipchart is effective on increasing knowledge, attitude, and practice of exclusive breastfeeding among lactating mothers.

Keywords: knowledge, attitude, practice, flipchart, exclusive breastfeeding

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