EXCLUSIVE BREASTFEEDING AMONG WORKING MOTHERS IN JABODETABEK, INDONESIA

Retno Wulandari¹⁾, Evi Martha²⁾, Essi Guspaneza¹⁾, Aliyah Cendanasari¹⁾,
Lisna Agustiyah¹⁾, Nurhotimah¹⁾, Sofia¹⁾, Sonia Mahrudin¹⁾

¹⁾Masters Program in Public Health, Universitas Indonesia

²⁾Department of Health Education and Behavior Sciences,
Faculty of Public Health, Universitas Indonesia

ABSTRACT

Background: One of the priorities of the Sustainable Development Goals (SDGs) is to reducing infant and toddler mortality. Infant Mortality Rate (IMR) in Indonesia remains high. IMR is affected by various factors, one of which is exclusive breastfeeding (EBF). World Health Organization recommends EBF of infants for the first 6 months of life. In Indonesia, the population of working mothers is getting bigger. However, the EBF coverage in this population has not reached the national target. This study aimed to describe the EBF behavior and to examine the predisposing, enabling and reinforcing factors of EBF among working mothers in Jabodetabek, Indonesia.

Subjects and Method: This was a qualitative study using the Rapid Assessment Procedure (RAP). The sample of this study were 16 informants in the Jabodetabek area, consisting of 5 working mothers, 5 husbands, 5 coworkers, and 1 breastfeeding counselor. The dependent variable in this study was EBF. The independent variables in this study were maternal knowledge, perception, occupation, number of children, husband support, co-workers support, and supporting facilities at work (EBF room). The data were collected using a semi-structured in-depth interview.

Results: The informants' knowledge of the definition, benefit, and content of breast milk were good. All informants had supportive perception of EBF. Informants with more than one child felt that EBF for the second child was easier. Both husband and co-workers provided full support for EBF. The maternal occupational factor was of little importance in this study. The provision of EBF room varies. Some already had an EBF room with complete facilities, others had incomplete facilities, and some without EBF room.

Conclusion: Working mothers in Jabodetabek area have practice EBF with various obstacles. In order to improve EBF among working mothers, some factors must be considered, including maternal knowledge, perception, and the number of children (predisposing factor). Other important factors included husband and colleague support (reinforcing factor), and supporting facilities in the workplace (enabling factor).

Keywords: exclusive breastfeeding, knowledge, support, facilities, working mothers

Correspondence:

Retno Wulandari. Masters Program in Public Health, Universitas Indonesia, Depok, West Java, Indonesia. Email: drgretnow@gmail.com. Mobile: 087870227342.