

CHALLENGES TO EXCLUSIVE BREASTFEEDING IN KARANGANYAR, CENTRAL JAVA, INDONESIA

Yuly Astuti^{1,2)}, Angga Sisca Rahadian²⁾

¹⁾Health Social Science International Program (HSSIP),
Mahidol University, Thailand

²⁾National Research and Innovation Agency (BRIN), Indonesia

ABSTRACT

Background: Exclusive breastfeeding plays an important role in preventing stunting due to chronic malnutrition among children. According to the Indonesian Health Profile 2020, approximately 33.9% of children under 6 months were not exclusively breastfed in Indonesia. One of the challenges in achieving successful exclusive breastfeeding comes from sociodemographic-cultural aspects. This study aimed examine the sociodemographic barriers to exclusive breastfeeding.

Subjects and Method: This was a cross-sectional study conducted in Karanganyar District, Central Java, Indonesia. A total of 352 children aged 6 to 59 months were selected for this study. The dependent variable was non-exclusive breastfeeding. The independent variables included child sex, household income, maternal education, maternal employment status, residence, and mode of delivery. The data were analyzed by binary logistic regression.

Results: Male children (OR= 1.73; 95% CI= 1.18 to 2.52; p= 0.002), low-income household (OR= 4.91; 95% CI= 2.46 to 9.79; p< 0.001), low-educated mother (OR=16.39; 95% CI= 8.17 to 32.88; p< 0.001), working mother (OR= 7.04; 95% CI= 4.47 to 11.09; p< 0.001), living in rural areas (OR= 1.51; 95% CI= 0.99 to 2.32; p< 0.001), and caesarean section delivery (OR= 3.24; 95% CI= 0.20 to 0.47; p<0.001) were more likely to practice non-exclusive breastfeeding.

Conclusion: Male children, low-income household, low-educated mother, working mother, living in rural, and caesarean section delivery, are associated with non-exclusive breastfeeding.

Keywords: exclusive breastfeeding, feeding practice, children

Correspondence:

Yuly Astuti. Health Social Science International Program (HSSIP), Department of Society and Health, Faculty of Social Sciences and Humanities, Mahidol University. 999 Phuttamonthon 4 Road, Salaya, Nakhon Pathom 73170 Thailand. Email: yuly.ast@mahidol.ac.th. Mobile: 082113966987.