

APPLICATION OF EXCLUSIVE BREASTFEEDING TO MOTHERS WITH INVERTED NIPPLES

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ABSTRACT

During breastfeeding the mother's reason for not breastfeeding her baby's nipples are difficult to breastfeed because of the anatomical condition of the nipple due to the wrong way of breastfeeding or improper care of the breast. This reason can cause mothers to stress so that the hormone oxytocin does not work and breast milk stored in the breasts causes mothers to switch to using formula milk. This study aims to analyze the factors that influence the application of exclusive breastfeeding in mothers with inverted nipples in Kudaile Village, Tegal Regency. The specific target in this study is that factors are found that influence the application of exclusive breastfeeding so that it can contribute to increasing the scope of exclusive breastfeeding in Kudaile Village. This research uses qualitative methods with an observational design. Data collection was carried out using indepth interview techniques in accordance with interview and observation guidelines. The results of the interview were recorded and field notes were made. To avoid subjectivity, researchers use the source triangulation technique which is to collect data from different sources (informant families) by the same method (in-depth interviews)

INTRODUCTION

The benefits of breastfeeding for babies are an ideal source of nutrition for babies with quality, normal quantity, can reduce the risk of neonatal death, increase endurance because colostrum found in breast milk contains immune substances 10-17 times higher than breast milk matur (Susilowati, 2016). But often mothers do not manage to suckle or stop breastfeeding faster. The reasons during breastfeeding conveyed by mothers not to breastfeed include mothers with flat nipples who are difficult to breastfeed because of the condition of the nipple skin tissue. These two things trigger the hormone oxytocin not to work and breast milk will be stored in the breast but not flowing so that it makes the mother not enthusiastic about giving breast milk to her baby and the mother begins to think about switching to formula milk to meet the baby's needs. Therefore

mothers need help so that the breastfeeding process is successful (Anggraini, 2010). The government establishes a national policy related to the exclusive breastfeeding program as stated in the Government Regulation of the Republic of Indonesia Number: 33 of 2012. The target of the Strategic Plan (Renstra) 2015-2019 is that the exclusive breastfeeding coverage is 50% in 2019 (Ministry of Health ri, 2015). The culture of breastfeeding babies in Indonesia is something important for mothers who have babies. However, the practice of exclusive breastfeeding has not been achieved by the expected target. In Indonesia, the value of AKB is high, when compared to several ASEAN countries. The Human Development Report (2010) shows data that AKB in Indonesia reaches 31/1,000 birth rate. This value is 2.4 times higher than Thailand and 1.2 times higher than the Philippines. Even the AKB value in Indonesia is 5.2 times higher than Malaysia (Aulia and Budi, 2017). Based on the data obtained, the coverage of exclusive breastfeeding in Tegal Regency in 2019 was 49.55% an increase compared to 2018 of 38.89%. The expected national coverage is 80%. The

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highest breast milk coverage in Tegal Regency in the Slawi Health Center Area in Kudaile Village was 66.7% but this figure was still below the national coverage. The maternal factor with flat nipples is one of the factors of breast milk failure. This is shown by the results of a study conducted by Rahmatillah Razak (2015) on the determinants of exclusive breastfeeding of mothers with nipple problems in giving exclusive breastfeeding that most mothers do not give exclusive breastfeeding to their babies, because breast milk does not come out difficult to suck by the baby. If the milk does not come out smoothly, especially on the first day after giving birth, then the mother feels anxious and worried that the baby is starving, then the mother immediately gives formula milk or other drinks such as tajin water and water for the baby. Failure in the breastfeeding process has an impact on the baby's health profile obtained by statistical data from the Tegal Regency Health Office where the Infant Mortality Rate (AKB) in Tegal Regency in the last 5 years (2013 - 2018) has fluctuated where in 2017 - 2018 it continues to increase, which is caused by nutritional status. This condition deserves the attention and health workers, especially midwives (Tegal Regency Health Office Profile 2018).

RESEARCH METHODS

The research uses qualitative descriptive research methods. Data collection was carried out through indepth interview techniques in accordance with interview and observation guidelines. The results of the interview were recorded and then made field notes. Informant samples were taken by purposive sampling, according to the purpose and type of research. Informants in this study consisted of key informants, primary and triangulation. The key informant in the study is the regional coordinating midwife of the Slawi health center who will direct the researcher in selecting the main informant. The main informants, namely mothers with flat nipples who have babies with a maximum age of 4 months, only give breast milk in the Kudaile Village Area. While the triangulation informant in the study was the family closest to the mother. In this study, the number of informants was determined by the saturation of informant sources, in this study the number of main informants was 4 multipara mothers and flat nipples and triangulation informants were 4 mothers' families. The research tool used is in-depth interview guidelines (indepth interview).

RESULTS AND DISCUSSION

The results of the study were obtained based on a structured interview guide for 30-40 minutes, the time and place have been agreed upon by the informant and researcher, namely at the informant's residence.

a. Visit I (exploring knowledge about the importance of Exclusive Breastfeeding)
Knowledge of the importance of exclusive breastfeeding was expressed by informants as follows :

1) Meaning, benefits, correct technique, prevention of flat nipples, signs of sufficient breast milk

“ Exclusive breastfeeding is breast milk that is given up to 6 months after that can only be given additional food, whether it is bananas, porridge or other foods, breast milk is important for the baby's intelligence, strong antibodies, not easy to get sick, the baby is like in the front carrying, continue the baby is hugged, the mother is sitting usually leaning back so that it is not tired, the buttocks can be held by a pillow, baby's head in the upper hand. So that the nipples are not flat, you can give baby oil, if you don't get it wrong, my friend said to send it to breast milk. The sign that the baby is enough breast milk, the baby sleeps well, it doesn't snooze, it's not fussy, then usually when it's full, it's usually taken off by itself, the eek is also sometimes loose, sometimes it's not... different mba.... i got the information from the midwife where i checked....” (IU 1)

“Exclusive breastfeeding if the baby is given breast milk for up to 6 months. Later, the milk can be continued for up to 2 years. Breast milk is very important for babies to be healthy, right directly from their mother, not from canned milk, my nipples are now not flat, mom,, Just right again flat, I usually give ointment... then I compress warm water... but it was only yesterday-yesterday that I knew that evenly it was smeared with milk... signs that the baby's breast milk is enough, usually the baby is not fussy, his weight is rising, his body is also akas...” (IU 2)

“Mmm..... breast milk that is up to 2 years... or six months yes mba... water can't, other foods can't... but if the baby is sick, you can give medicine. The

problem is that my son when he was born was also sick and continued to be given medicines and vitamins, said the doctor, ga papa.... Breast milk remains the way. Nipples so that they are not easily flat, which is important to use breast milk mb.... i know from reading on the internet mba.... that's why I already know.. a sign that the baby is enough breast milk is increasing in weight.... keep ga overweight.... usually the body is small but fits snugly..” (IU 3)

“Exclusive breastfeeding is that the baby is breastfed for 6 months said, can not be given formula milk or food other than breast milk..., breast milk is important mba.... so that the baby is healthy, strong, not easy to make up.... immune usually even though heja mayeng-mayeng (walk) if the nipples are not flat, yes dipijet using baby oil peke warm water, the baby is quite breastfed if the mimic is as good as he continues to usually sleep” (IU 4)

Informants' knowledge of exclusive breastfeeding mostly says that exclusive breastfeeding is a 6-month feeding of breast milk without additional food even formula milk. One informant said it was still said to be exclusive breastfeeding if given medication if it was necessary in the healing of sick children (IU 3).

The informant's statement is in line with Government Regulation Number 33 of 2012 Chapter I Article 1 Paragraph 2, the definition of exclusive breastfeeding given to babies from birth to six months of age without adding and replacing them with other foods or drinks, except vitamin, medicinal, and mineral supplements.

All informants know the importance of exclusive breastfeeding is one of them for the baby's immunity and brain intelligence (IU 1 – 4)

One informant learned that the prevention of nipple abrasions by applying milk on the nipples (IU 3), some other informants stated that the prevention of flat nipples used warm water, baby oil and ointment (IU 1 and IU 4)

In general, informants know the signs that the baby has enough breast milk, including the baby sleeping well, not fussing about removing the nipples themselves if they are full, and the bowel movements vary (IU 1 and IU 4), weight gain (IU 2), not obesity (IU 3).

Regarding knowledge about breast milk, two informants got information from midwives and doctors during pregnancy and peers (IU 1, IU 2,

IU 4) one informant got information from the internet (IU3)

Maternal knowledge is a factor that can affect breastfeeding. This is in line with the results of research by Rahmawati (2010) and Juliani (2009) that there is a relationship between maternal knowledge and breastfeeding. With good knowledge the informant will give exclusive breastfeeding so that the milk will run smoothly and the baby is satisfied with getting breast milk, so that the mother does not give additional food other than breast milk before the age of 6 months.

2) Mother's feelings during the breastfeeding process

“when the baby was born it was directly placed on my belly I thought about whether later my baby could breastfeed or not because my nipples were flat, mba..... but thank God even since then the baby is big his mouth is also wide immediately sucking walapun can't immediately breastfeed tp my son like understands the location of my nipples where even though they are flat... thank God....”(IU 1)

“happy..... I was helped by breast milk.... if I can't breastfeed pity my son.... the benefits are also many.... make a baby for mom for all..... so proud to be able to breastfeed especially with the flat condition of my nipples.... tp this thank God kaya has started to stand out in thekit” (IU 2)

“my feeling is so happy to be able to breastfeed.... I feel like I'm giving my best to the kids.... the condition of my nipples is flat mbaa.... at first there was a worry... but I am sure that I can and am sure that breast milk is indeed a good one for my son.... just give the formula milk later... maybe after 6 months....” (IU 3)

“thank God.... it's really fun.... it's hard at first but it can be missed.... the name is fighting for the child ya mba.... The breast milk is already there... so it has to be spirited.... right a lot of my friends asinya ga come out finally the baby drinks formula milk....”(IU 4)

The results showed respondents mothers made the decision to breastfeed babies exclusively mostly wanting the best for the child. This is in line with Riordan and Wambach's theory in 2010, breastfeeding decision making can be influenced by several factors, namely child factors, maternal

factors, information obtained by mothers, families and people around, health workers and socio-culture.

3) The mother's view of the responsibility in providing exclusive breastfeeding which is the right of the baby

"babies have the right to get breast milk, mom.. kasian if it's not given... after all, it also loses the milk,,,because my milk comes out a lot.... formula milk besides being expensive is also not necessary... ntar after 6 months ga papa.... Breast milk has many benefits, the child is also smart, smart, when breastfeeding, usually thin quickly" (IU 1)

"Breast milk is very important for babies, if it is formula milk even though on tv and in supermarkets that nawarin often I am not interested.... breastfeeding itself is more seneng mba.... formula milk just sends it if it's been 2 years... right breast milk may not come out anymore..... if now I'm sorry for the baby... bother too... gotta get the bottle too... even dizzy... not to mention the milk, maybe there are preservatives too... isn't it good for babies"(IU 2)

"right, if we can give breast milk why change formula milk... whose benefits are also better breast milk. If the milk is sterile, it's easy to give it, don't buy a bottle, manasin, not to mention that buying the milk is actually a waste... if exclusive breastfeeding is economical for 6 months, even up to 2 years, you don't have to buy milk... good benefits for babies... The milk that comes out first, which is yellow, is good for the baby's immune system..... thank God when I was born the baby got the milk" (IU 3)

"The breast milk that I know is indeed for the baby mom, it has been moved from there, mom.... hehehe... so you don't need formula milk... expensive too... I'm also at home just not working if I use formula milk to pity the baby.... like this I already feel comfortable.... babies are also rich in needing their mothers when they are just right again... we're happy.... Breast milk is important for the baby's brain, God willing, if you grow up, the child is smart" (IU 4)

The statement made by all informants that breast milk is the right of infants, in line with the legal basis of the Constitution article 28B

paragraph (2) every child has the right to survival, body and development, the right to protection from violence and discrimination. This means that the right to grow and develop, one of which is with breast milk.

All informants revealed that breastfeeding is important for the baby's health, this is in line with the theory that breast milk plays a role in increasing the baby's immunity (Damayanti, 2010)

4) Mother's view of formula milk on children's growth and development

"Breast milk alone, better for developmental growth.... given by God... if the formula is made.... so babies want to drink as much breast milk as parents don't worry... the stomach may not be ready if given a formula ... formula milk will be just if I have been weaning for 2 years. Breast milk used to be maximized." (IU 1)

"the nutritional content in formula milk is still inferior to that in breast milk mba.... the function for the growth and development of the baby is obviously mba... Breast milk is a nutrient-rich food... rich us if we eat ya let's get fatter... after all, formula milk is not at all different from breast milk" (IU 2)

"formula milk for baby growth and development.... but if it's processed like that, the chemicals must have been there, right? If it's breast milk, it's not a cardboard boxer. hehehe..... directly through mom's breasts... sterile and guaranteed in my opinion..." (IU 3)

"The formula does make the baby fat like the neighbor's child fat, but like it's not tight to the skin,, sometimes also if it's not suitable for diarrhea bias, for now breast milk just used to be mba.... the formula will be later...." (IU 4)

Main Informant 1 (IU 1) revealed that babies do not need to be given formula milk for up to 6 months because digestion is not ready, breast milk given from God is not man-made so it is more sterile than formula milk from man-made products that have been mixed with chemicals so it is likely that the baby is not ready.

Another informant said that breast milk can increase weight because the nutrients contained in breast milk are very much, very good for the growth and development of babies. While it is still there or breast milk is still enough the formula

does not have benefits for up to 6 months (IU 2, IU 3, IU 4)

The informant's expression above is in line with Khamzah's theory (2012) that breastfeeding is important in children's growth and development because in breast milk there is a content of omega 3 alpha linoleic acid oil which is needed for child development and is not found in formula milk.

5) Problems related to exclusive breastfeeding are mainly related to the multipara and flat nipple condition of the mother, whether or not there is any effect in the application of exclusive breastfeeding.

"sometimes confused... even though I've had children but sometimes feel like the first child because it's been a long time too... parents are also already different physically... sometimes if you ask for help, you can't stay long either.... but if you don't give breast milk, it might be more troublesome... it takes money and manpower too. If it's exclusive breastfeeding, the baby's cry is immediately given even though sometimes I'm really tired... the end hurts.... no one has changed it anyway.... but ga papa.... bismillah was given smoothly... if the neighbors used to ask me this " have you been given to eat what?they said let the baby grow up just eat it's okay..."(IU1)

"it turns out that exclusive breastfeeding is not easy... but it's also not difficult if it's already been walked.. when I started it my breast milk was a little bit... it hurts her nipples... flat finally hurts... sometimes there are my neighbors who say that if 6) the child who is given the formula is bigger faster.... if you drink breast milk for a long time.... but I don't want to just breastfeed... my husband is also very supportive,, if my parents who are in-laws who sometimes say they just give me to eat, maybe they are still hungry... because my parents don't use the old rules mba.heheh... but ga maksa is also up to the mantunya..."(IU2)

"there's no obstacle... it's been a routine so get used to it.... if you feel tired, or upset, sometimes there is..... it's called nyusuin ya no one changed it ya mba... he.... the problem when I was on my nipples flat at the beginning was that I thought I was using formula milk... it really hurts mba... but when you have recovered, thank God, you can now enjoy....."(IU 3)

"sometimes my breast milk is a little bit.... lack of rest... this is me guarding the store so if I don't sleep during the day, later at night I often stay up late.... my other son also sometimes doesn't understand,,,that's time to nyusuin ya at asking for this it becomes troublesome,,,uping my milk is also average sometimes when it hurts, I want to stop nyusuin... but I'm still excited ,, can't stand it... tired, yes, take a break because the husband also often stays..... eating, drinking, resting... yes this is already my daily life...." (IU 4)

Most informants revealed that they had the intention to breastfeed exclusively but sometimes mothers got information that the baby was fed only on the grounds that it was probably still hungry (IU2). All informants remain determined to remain exclusively breastfed (IU 1 - IU 4)

The phrase informants indicates that they have not received full support from the surrounding environment, but so far the informant has had no difficulty in passing on his intention to still provide exclusive breastfeeding.

Most informants have a strong motivation, a feeling of pleasure and pride for being able to breastfeed their own baby. This is according to the theory from Abdullah 2004, that breastfeeding a child is part of the biological task of a mother, with a feeling of pleasure and pride can be part of the mother's positive self-concept so that the mother can play an optimal role in the care of her baby.

Breastfeeding techniques performed during the breastfeeding process

"breastfeeding technique?what does it mean..... (after being explained)... yes I breastfeed sometimes while lying down, sometimes sitting... it's just as comfortable as it is.... giving milk if the baby is crying or at least 2 hours... sleep yes we wake up.... but my son often hasn't had 2 hours of asking for a drink....." (IU 1)

"I often breastfeed while lying down.... so baby sleep I can rest for a while.... sit yes sometimes... tired of the problem...." (IU 2)

"breastfeeding techniques are there... Hehe... i know the important thing is that the nipples enter the baby's mouth and then the baby drinks.... if my position is often lying down... but sit down too... just as comfortable as it is....." (IU 3)

"during this time I was breastfeeding, yes, just right away... don't use any tools.... frequent sitting.... sleep if you want to sleep...." (IU 4)

The phrase conveyed by the informant conveyed that breastfeeding techniques are often carried out with a sleeping position on the grounds that they feel more comfortable (IU 1 – 4)

Saryono's theory, 2008 was conveyed that breastfeeding is recommended in a relaxed atmosphere for mothers and babies. The recommended position is that there are several (dekapan position, football hold, lying position) with the aim that the baby will feel calmer, there will be no mumbling, uneven nipples.

- 7) Efforts made by mothers so that their milk production remains a lot

" eat vegetables that are ijo-ijo, soup many kinds of soup vegetables, spinach vegetables, katuk leaf vegetables, eat no taboos, breastfeed every 2 hours or if the child has cried, just ask for nenen, just give it... no need to be scheduled....." (IU 1)

" just eat a lot... no need to choose.... the important thing is not to stress... the problem is like me, mba, if you are stressed, just reduce the breast milk immediately... it's really hard..... the problem is made casual even though it is difficult.... frequent nyusuin babies....." (IU 2)

"if you breastfeed a lot, eat a lot of it, add milk... eat vegetablesya eat nutritious mb.... my milk is also often.... green vegetables, drink a lot...." (IU 3)

" breastfeeding each baby cries, as often as possible or at least 2 hours, nutritious food, many portions, at most it is mba.... the important thing is not to stress.... get enough rest..." (IU 4)

- 8) How to maintain the quality and amount of breast milk production to continue to meet the needs of babies

"eat a lot, drink a lot, vitamins, and not stress..."(IU 1)

"set diet, fluids, no stress..." (IU 2)

"breastfeeding as often as possible, plus nutritious food, drinks for body fluids, and breast milk-enhancing tablets...." (IU 3)

"nutritious food, and there is no need to stress..." (IU 4)

Some informants revealed that their way of implementing ways to maintain quality in supporting the success of exclusive breastfeeding. Most respondents maintain the quality of breast milk through diet and fluid addition. In accordance with Purwanti's 2012 theory that the quality of breast milk is influenced by the overall health of the mother, including the quality of food intake and adequate rest..

- 9) Defense mechanisms against the influence of formula milk and early complementary foods

"because we know the benefits of breast milk are better than formula milk so it makes it my strength to prefer breast milk...." (IU 1)

"the important thing is intention.... husband and family support as well.... even though the husband is far away it is okay, and is also often reminded... my family also accompanied me at the time of breastfeeding...." (IU 2)

"I'm the important one because I often get information that if breastfeeding uses breast milk, I just need to do it. because it turns out that there are so many benefits.... thank God I'm happy..." (IU 3)

"I know that breast milk is very good for babies, so formula milk will be later if it's been 6 months or later when weaning 2 years...." (IU 4)

The behavior of mothers giving exclusive breastfeeding according to the model of attitude change developed by Niven 2002 includes the first stage, namely unfreezing, which is when the mother realizes that her actions so far about breastfeeding her child are not appropriate, so that problems arise due to these behaviors, for example diarrhea or malnutrition in the child. The second stage is changing, namely after knowing that the breastfeeding behavior they have done so far is wrong, it has a bad impact on the health of their children, the mother's awareness is opened and a new attitude is formed about the correct management of breastfeeding. The third stage is re freezig, this stage the mother evaluates her attitude

in training the exclusive breastfeeding has been in accordance with her expectations or not. Keberhasilan penerapan ASI eksklusif

“thank God, I am happy to be able to provide breast milk exclusively for my children, I feel very useful... for healthy babies, weight also never loses even though it's not really fat but it's just right here.... it's hard to be happy, yes, there is lah.... the important thing is the best intention for the child... continued support from those around us.... although some people don't agree in fact now they are just used to it... already agreed...”(IU 1)

“thank God it's been 6 months since I breastfed my son, it must be happy... the child also looks healthy.. it's not easy to get sick.. for mom she said it can prevent breast cancer too ya mba.... tired obviously there is a hassle too.... but it seems more troublesome if you use canned milk, mba.... Breast milk is delicious... ngek jel ngek jel... hehehe.... experience also for later my son which is next....”(IU 2)

“thank God lanca.... helped me too... thanks.... Since this pregnancy my intention is that the child should be given exclusively breast milk without any food additives before the time is over....obstacles there must be mba... but if it's the intention, god willing, everything can be resolved... although it is not easy.... children are also investments, yes.. hehehe... my weight is also stable because of breastfeeding” (IU 3)

“Grateful... soon 6 months.... my son Alhamdulillah is also healthy... the ups and downs must be there... fighting on.. flat nipples, cranky child, neighbors say that the child is given to eat bananas, there are many temptations but I am not affected... all for the sake of the child...”(IU 4)

All informants expressed their success in providing exclusive breastfeeding with the ups and downs experienced during the process of exclusive breastfeeding. From the results of interviews conducted on six informants, it was found that the mother's motivation in giving exclusive breastfeeding was because she knew that the benefits of breast milk could provide benefits for all. Babies will be healthier and smarter. One informant, IU 2, said that the benefits of exclusive breastfeeding can prevent breast cancer. This is in line with research by Buckeley, Kathleen, and Gloria (2006) which states that breastfeeding can

reduce the risk of breast cancer by as much as 4.3% for each year during breastfeeding.

Informant IU 3 revealed that the benefit that mothers feel after exclusive breastfeeding is weight loss from weight before pregnancy. This is in line with research by Wen, et al (2009) in Australia that as many as 10% of mothers say the benefits of exclusive breastfeeding can lose weight postpartum.

The results of the study also found that all informants revealed that exclusive breastfeeding can improve the growth and development of babies, and children become healthier. Dewi (2011) explained that the benefit of exclusive breastfeeding to a child for 6 months can cause his growth and development to be better, babies rarely experience pain due to the presence of protective substances to protect the baby from infection. This is also in line with the research of Wen et al (2009) that breast milk is good for the health of the baby, protects the baby from disease, improves the immune system and helps to establish closeness between mother and child.

All informants feel happy and proud to be able to provide exclusive breastfeeding for 6 months. This is in line with the research of Wen et al (2006) which states that when mothers are successful in giving exclusive breastfeeding they feel pride and comfort based on the experience of the mother of one of the informants also said feeling satisfied and relieved can give the best for her baby. This is in line with the theory written by Wong et al (2008) mothers have feelings that are very close to their children and feel complete and feel satisfied when the baby sucks breast milk from them.

Triangulation Informants (IT 1 – IT 4) (Exclusive Breastfeeding Knowledge, benefits, importance for mothers and babies, opinions on the myth of exclusive breastfeeding, opinions about formula milk and the impact on baby growth and development, and efforts made to support exclusive breastfeeding)

“ Exclusive breastfeeding.. Breast milk taken up to 6 months, is important for the health of the baby.... myths sometimes believe sometimes not... but trust breast milk more than formula milk.... so yes, I suggest that children only use breast milk...”(IT 1)

“Exclusive breastfeeding is given to children when giving birth for up to 6 months... benefits

for the child's body to be strong, get enough nutrition, if formula milk is for a companion but yes later after 6 months. my support is always to surprise the food eaten, sometimes help with his household work....”(IT 2)

doesn't get sick easily, the best food for babies, formula milk can only be after 2 years, later if the baby is already big, maybe breast milk is not enough, yes, you can use formula milk, I just support it... only if bananas don't papa, right mba... or shouldn't it? I sometimes kasian maybe if breast milk is just lacking.....”(IT 3)

“ Exclusive breastfeeding is just breast milk that a 6-month-old baby drinks... has many benefits for the baby's mother, I know from the midwife and the neighbor... formula milk is good too Just better breast milk... i support what my son chooses....”(IT 4)

Some triangulation informants say that exclusive breastfeeding is breast milk that is given for up to 6 months, only breast milk (IT 2 and IT 4). Although there are triangulation informants who are hesitant about the timing of feeding the baby (IT 3). Triangulation Informants provide maternal support to provide exclusive breastfeeding, some informants give IU freedom to decide whether or not the baby will be breastfed exclusively.

According to Sudiharto (2007) family support is support to motivate mothers to give breast milk only to their babies aged 6 months, including providing psychological support to mothers and preparing balanced nutrition for mothers.

CONCLUSION

All informants (breastfeeding mothers) know knowledge about the importance of exclusive breastfeeding, In general informants know the signs of the baby's milk enough, the mother's view on the responsibility of providing exclusive breastfeeding is good because breastfeeding is important for the baby's health and it is the right of the baby to get breast milk, All informants (breastfeeding mothers) Mother's view of formula milk on child growth and development does not approve, because breast milk is the most important thing is that the baby does not need to be fed with milk until 6 moon, most informants (nursing mothers) have a strong motivation, feelings of pleasure and pride because they can breastfeed their own baby even though they have flat nipples, breastfeeding techniques that are often a sleeping

“ Exclusive breast milk is breast milk for up to 6 months... benefits for the baby's immunity so that it

position with comfortable reasons, informants know about how to increase the amount of breast milk production in order to still meet the needs of the baby by maintaining a diet and adding fluids, the success of the application of exclusive breastfeeding that the motivation of the mother in giving exclusive breastfeeding is because knowing that the benefits of breast milk can provide benefits for babies, babies are healthier and smarter.

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3. Respondents of breastfeeding mothers in Kudaile Village

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