

Maternal Knowledge as the Significant Factor of Exclusive Breastfeeding Failure in Pati, Central Java

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Abstract

The percentage of exclusive breastfeeding (EBF) failure in Pati Regency is 19%, with a particular health center, Margorejo, having a significantly high rate of EBF failure in all 16 villages, where the failure rate is 100%. One of the causes of EBF failure is the early introduction of complementary feeding (CF), which is influenced by the mother's knowledge about exclusive breastfeeding and complementary feeding. To determine the relationship between maternal knowledge and the practice of early complementary feeding for infants aged 0-12 months in Margorejo and Bumirejo villages, Pati Regency. This research used a cross-sectional design. The sample consisted of 54 respondents selected through proportional random sampling. The instruments used were a questionnaire on knowledge about exclusive breastfeeding and complementary feeding, as well as a questionnaire on the age at which the mother began introducing complementary feeding. Data analysis was performed using Fisher's Exact test. 64.8% of mothers had good knowledge, while 35.2% had poor knowledge. 51.9% of mothers introduced complementary feeding early, while 48.1% did not. Statistical tests showed a significant relationship between maternal knowledge and the practice of early complementary feeding ($p=0.001$). Improving mothers' understanding of exclusive breastfeeding and complementary feeding is still necessary, and this can be achieved through various efforts by community health workers and village midwives, including periodic and targeted nutrition education for mothers of infants and toddlers.

Keywords

Early Complementary Feeding, Exclusive Breastfeeding, Maternal Knowledge