

# The Relationship Between Occupation and Health Worker Support on Exclusive Breastfeeding Among Mothers in The Working Area of Tahtul Yaman Health Centre, Jambi City

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## ABSTRACT

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National select breastfeeding rates diminished by 56.9% in 2021 from 66.06% in 2020, with Maluku territory (13%) as the least and West Nusa Tenggara (82.4%) as the highest<sup>8</sup>. On the other hand, elite breastfeeding in Jambi Territory was 56.01% in 2019, this scope is still underneath the target of 62%. At that point it diminished in 2020, with the breastfeeding rate of 50.9%. This inquiries about utilized a cross-sectional strategy. The populace in this consider was 116 and the test gotten was 100 respondents. Of the 100 respondents, there were 24 moms who worked and did not give select breast drain, there were 12 moms who worked and gave select breast drain, there were 10 moms who did not work and did not give select breast drain and there were 54 moms who did not work and gave elite breast drain, with an esteem of p -esteem of the work variable is 0.000 ( $p = 0.000 < 0.05$ ). In the meantime, the wellbeing specialist back variable encompasses a p-value of 0.003 ( $p = 0.003 < 0.05$ ), which suggests there's a relationship between work and wellbeing specialist back and elite breastfeeding within the working region of the Tahtul Yaman Wellbeing Center, Jambi City in 2024.

*Keywords: Occupation Support from Healthcare Personnel, Exclusive Breastfeeding*

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## 1. INTRODUCTION

Breastfeeding could be a wholesome admission for newborn children that's in agreement with the body's digestion system, breast drain is the finest admissions for newborn children since it has all the supplements required for ideal newborn child advancement and development. Select breastfeeding can increment insusceptibility in newborn children and avoid ailment and passing in infants [1].

There are a few things that must be considered in progressing newborn child sustenance, to be specific by paying consideration to high-quality and ideal to begin with nourishing, the nourishment in address is by select breastfeeding which is an imperative calculate for newborn children, the World Wellbeing Organization (WHO) prescribes elite breastfeeding for 6 months and complementary nourishments a while later, whereas proceeding to supply breast drain for up to 2 a long time. The choice was embraced by the Indonesian government in 2004 through the Indonesian Serve of Wellbeing Proclaim N0. 450/Menkes/SK/IV/ by setting a 6-month elite [2].

The Joined together Countries Children's Finance (UNICEF) and the World Wellbeing Organization (WHO) suggest elite breastfeeding for the primary 6 months of life without giving the infant any other drinks or nourishment, but for medication and vitamins. Breastfeeding can give benefits to decrease newborn child dreariness and mortality, with early breastfeeding called colostrum since it is wealthy in antibodies that decrease the hazard of death. In Indonesia, the newborn child mortality rate is tall, compared to a few ASEAN nations [3].

One of the variables related with newborn child mortality or IMR is the wholesome status of newborn children. Another calculate that too plays a part within the tall IMR is the need of select breastfeeding, since without it babies are more vulnerable to different maladies that increment dismalness and mortality. The ways to diminish newborn child dreariness and mortality rates that can be done are by weighing frequently, giving elite breastfeeding to babies from birth until the infant is 6 months ancient [4].

Breastfeeding within the world is around 50%, counting 25% in Central Africa, 32% in Latin America and the Caribbean, and 46% in other creating nations. The current wholesome circumstance of children beneath five within the world is 155 million hindering, 52 million wasting, and 41 million overweight. Based on the Fundamental Wellbeing Inquire about in 2018, the extent of breastfeeding designs in newborn children matured 0-5 months in Indonesia was 37.3% select breastfeeding, 9.3% halfway breastfeeding, and 3.3% transcendent breastfeeding [5].

The national exclusive breastfeeding rate decreased to 56.9% in 2021 from 66.06% in 2020, with Maluku province (13%) as the lowest and West Nusa Tenggara (82.4%) as the highest<sup>s</sup>. On the other hand, exclusive breastfeeding in Jambi Province was 56.01% in 2019, this coverage was still below the target of 62%<sup>9</sup>. It then decreased in 2020, with a breastfeeding rate of 50.9%.

Concurring to Lawrence Green's hypothesis that variables that impact conduct are impacted by 3 variables, 2 of which are inclining components, specifically variables that give inspiration for conduct. Inclining components incorporate information, states of mind, age, equality, occupation and instruction. Ren forcing variables are components that give bolster for conduct.

Bolster can be positive or negative depending on the conduct of each individual, such as the part of birth orderlies (wellbeing laborers). Wellbeing laborers are too one of the components that impact select breastfeeding, the wellbeing specialists in address are officers who handle lactation and newborn child care issues.

Based on the foundation that clarifies select breastfeeding in Indonesia, the creator took the activity to look at more profoundly the relationship between work and wellbeing laborer back for elite breastfeeding.

## 2. METHODS

This consider utilized a crosssectional strategy, usually a sort of inquire about that watches the relationship between chance components and the impacts caused, the populace in this ponder was 116 and the test gotten was 100 respondents.

Univariate information investigation utilizing recurrence conveyance, and bivariate examination utilizing chisquare test which points to decide the relationship between factors. The instrument utilized was a wellbeing laborer back survey. The survey in this consider is the result of a alteration of the past inquire about survey, to be specific [6] entitled Select Breastfeeding and Components Influencing It within the Paal X Puskesmas Working Area in 2022, where within the past think about a legitimacy test was carried out with a esteem of  $r > 0.361$  and survey unwavering quality with a esteem of  $a > 0.60$ . In this think about, the wellbeing specialist bolster survey has been tried for legitimacy and unwavering quality at the Olak Kemang Wellbeing Middle, Jambi City. With a test of 30 respondents. Based on the comes about of the legitimacy test, 16 address things were pronounced substantial with  $r$  table (0.197) and  $r$  checks were within the extend (0.347-0.559) which suggests that the  $r$ -count of each address thing is more noteworthy than  $r$ -table. Where as the comes

about of the unwavering quality test in this think about with the Wellbeing Laborer Back variable gotten that the Cronbach's alpha esteem is  $0.765 > 0.60$  so it can be.

This think about employments information examination, to be specific univariate examination, this can be an investigation that depicts or depicts each variable, to be specific the free variable (Work and Wellbeing Specialist Back) = X and the subordinate variable (Select Breastfeeding) = Y and Bivariate information investigation is an investigation conducted on variables to decide whether or not there's a relationship between work and wellbeing laborer back for select breastfeeding in moms within the working range of the Tahtul Yaman Wellbeing Middle, Jambi City.

### 3. RESULTS AND DISCUSSION

#### 3.1 Distribution of Respondent Characteristics

Based on the comes about of the think about, the recurrence conveyance of the characteristics of respondents comprising of put of home, mother's age, baby's age, most recent instruction, and occupation can be seen within the table underneath:

Table 1. Distribution of Respondent Characteristics

Characteristics Respondent	Frequency	Percentage
<b>Place of residence</b>		
Arab Melayu	23	23%
Jelmu	6	6%
Mudung Laut	27	27%
Tahtul Yaman	22	22%
Tanjung Johor	18	18%
Tengah	4	4%
<b>Total</b>	100	100%
<b>Mother age</b>		
<26 years	50	50%
26 – 30 years	21	21%
31-35 years	17	17%
36-40 years	12	12%
<b>Total</b>	100	100%
<b>Baby age</b>		
6 month	17	17%
7 month	13	13%
8 month	12	12%
9 month	13	13%
10 month	13	13%
11 month	13	13%
12 month	21	21%
<b>Total</b>	100	100%
<b>Last Education</b>		
SD	3	3%
SMP	19	19%
SMA	48	48%
PT	30	30%
<b>Total</b>	100	100%
<b>Jobs</b>		
Housewife	64	64%
Private Employee	13	13%
Civil	8	8%
Servants/Army/Police/Lecturer	8	8%

Self-employed	15	15%
<b>Total</b>	<b>100</b>	<b>100%</b>

Source: Primary data (2024)

Based on table 1 over, the comes about of investigate from 100 respondents examined, gotten the recurrence conveyance of respondent characteristics based on home (mudung laut) as numerous as 27 individuals (27%).

The recurrence conveyance of the characteristics of respondents based on the age of the larger part of moms matured less than 26 a long time as numerous as 50 individuals (50%). The dispersion of characteristics of respondents based on the age of the infant, the larger part of which were at the age of 12 months as numerous as 21 individuals (21%). The dispersion of respondent characteristics based on the most recent instruction, the larger part of which were tall school / tall school graduates as numerous as 48 individuals (48%). The dissemination of respondent characteristics based on the lion's share of occupations were housewives as numerous as 64 individuals (64%).

### 3.2 Univariate Analysis

#### 1. Overview of Occupation on Exclusive Breastfeeding

Based on the comes about of the consider, the recurrence dispersion of maternal work on select breastfeeding can be seen within the taking after table:

Table 2. Frequency Distribution of Maternal Occupation on Exclusive Breastfeeding

Working Status	Frequency	Percentage
Working	36	36%
Not Working	64	64%
Total	100	100%

Based on table 2 over, it can be seen that the larger part of moms don't work (IRT) as numerous as 64 individuals (64%).

#### 2. Overview of Health Worker Support for Exclusive Breastfeeding

Based on the comes about of the ponder, the recurrence conveyance of wellbeing specialist back for select breastfeeding can be seen within the taking after table:

Table 3. Frequency distribution of health worker support

Support	Frequency	Percentage
Not Support	31	31%
Support	69	69%
Total	100	100%

Based on table 3 over, it can be seen that the back of wellbeing laborers within the larger part of moms is strong, as numerous as 69 individuals (69%).

Exclusive breastfeeding overview Based on the comes about of the consider, the recurrence dispersion of select breastfeeding can be seen within the taking after table:

Table 4. Distribution of exclusive breastfeeding

Exclusive Breastfeeding	Frequency	Percentage
Not	34	34%
Yes	66	66%

Total	100	100%
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Based on table 4 over, it can be seen that the lion's share of moms who give elite breastfeeding are 66 individuals (66%).

### 3.3 Bivariate Analysis

#### 1. Relationship between Work and Select Breastfeeding in Moms within the Working Region of Tahtul Yaman Wellbeing Middle, Jambi City

Table 5. Cross arrangement of the relationship between work and exclusive breastfeeding in moms within the working zone of the Tahtul Yaman Wellbeing Middle, Jambi City.

		Exclusive Breastfeeding		Total
		Not	Yes	
Category Work	Work	f 24	12	36
		% 24.0%	12.0%	36.0%
Not Working		f 10	54	64
		% 10.0%	54.0%	64.0%
Total		f 34	66	100
		% 34.0%	66.0%	100.0%

Based on Table 5 over, it can be seen that there are 24 **mothers** (24%) who work and **do not donate** select breastfeeding, there are 12 **mothers** (12%) who work and **grant tip top** breastfeeding, there are 10 **mothers** (10%) who **do not work** and **do not grant select** breastfeeding and there are 54 **mothers** (54%) who **do not work** and **deliver tip top** breastfeeding. The comes **almost** of the examination gotten an Asymptotic **Significance** (2-sided) **regard** of 0.000, where the **significance regard** is **humbler** than 0.05 ( $p < 0.05$ ), so  $H_a$  is **recognized** so it can be concluded that there's a **essential** relationship between work and select breastfeeding **inside** the working zone of the Tahtul Yaman **Prosperity Center**, Jambi City in 2024.

#### 2. Relationship between Prosperity Master Reinforce and First-class Breastfeeding in Mothers inside the Working Zone of Tahtul Yaman Prosperity Center, Jambi City

Table 6. Cross Organization of the Relationship between Prosperity Laborer Support and Select Breastfeeding

		Exclusive Breastfeeding		Total
		Not	Yes	
Support Health Workers	Not Support	f 17	14	31
		% 17.0%	14.0%	31.0%
Support		f 17	52	69
		% 17.0%	52.0%	69.0%
Total		f 34	66	100
		% 34.0%	66.0%	100.0%

Based on Table 6 over, it can be seen that there are 17 moms (17%) who don't get bolster from health workers and don't give elite breastfeeding, there are 14 moms (14%) who don't get back from wellbeing specialists and give elite breastfeeding, there are 17 mothers (17%) who get back from wellbeing laborers and don't give elite breastfeeding and there are 52 moms (52%) who get back from wellbeing specialists and give select breastfeeding.

The comes about of the examination gotten an Asymptotic Centrality (2-sided) esteem of 0.003, where the centrality esteem is littler than 0.05 ( $p < 0.05$ ), so  $H_a$  is acknowledged, so it can be concluded that there's a noteworthy relationship between wellbeing specialist bolster and elite breastfeeding within the working region of the Tahtul Yaman Wellbeing Middle, Jambi City in 2024.

### 3.4 Univariate Analysis

Job description of exclusive breastfeeding The comes about of information examination based on the occupation of respondents on elite breastfeeding, the larger part of 64 individuals were housewives, meaning that 64 individuals were within the non-working category (64%), whereas 13 (13%) were private representatives, 8 individuals (8%) were gracious workers/military/police/speakers, and 15 individuals (15%) were self-employed, meaning that there were 36 people (36%) moms within the working category. On the off chance that the mother's status is working at that point it is likely that the mother does not provide elite breastfeeding to her child, this can be since the mother spends more time on her work, and bad habit versa in the event that the mother's status isn't working at that point it is likely that the mother will give select breastfeeding to her infant since she has free time that can be utilized to care for her baby.<sup>13</sup>

Based on the comes about of this ponder out of 100 respondents there were 36 working moms but not all of them given elite breastfeeding, the comes about appeared that there were only 12 mothers who worked and given elite breastfeeding, whereas 24 working moms did not give select breastfeeding, this can be since working is one of the variables causing the tall rate of breastfeeding disappointment due to brief time off work, need of work environment bolster, brief breaks at work (not sufficient time to precise breast drain).

Overview of Health Worker Support for Exclusive Breastfeeding The comes about of information investigation based on wellbeing laborer back for select breastfeeding from 100 respondents were gotten as numerous as 69 individuals (69%) gotten bolster from wellbeing specialists whereas 31 individuals (31%) did not get wellbeing laborer back. The larger part of moms who get back from wellbeing laborers give elite breastfeeding to their babies some time recently the age of 6 months at that point moms who don't get the bolster of health workers overwhelmingly don't provide exclusive breastfeeding to their babies which suggests giving extra utilization some time recently the age of 6 months. This can be since moms who get bolster from wellbeing laborers have preparation in giving breast drain to their babies, such as in case breast drain is troublesome to come out, moms tend to get it and know how to overcome so that breast drain is smooth, knowing the benefits of elite breastfeeding so that moms will attempt to supply elite breastfeeding to babies, so that babies will be satisfied with breast drain compared to moms who don't get back from wellbeing specialists. Overview of Exclusive Breastfeeding.

The comes about of the examination of this consider on the dissemination of the victory of select breastfeeding from 100 respondents appeared that as numerous as 66 babies (66%) gotten select breastfeeding and the remaining 34 babies (34%) did not get select breastfeeding. Usually due to the figure of the mother's work status which causes select breastfeeding not to be accomplished. Working moms frequently confront extraordinary challenges in giving select breastfeeding to their babies. Select breastfeeding, in a perfect world given for the primary six months of a baby's life, requires critical commitment from the mother, counting time and availability to breastfeed or pump routinely. In any case, working moms frequently don't have this adaptability. Unsupportive work situations, such as a need of satisfactory lactation rooms or busy work plans, can make it troublesome

for moms to pump breastmilk with the desired recurrence. In expansion, weight and push at work can influence breastmilk generation, making it troublesome for moms to meet their babies' dietary needs. Bivariate Analysis Relationship between Employment and Exclusive Breastfeeding.

According to the study findings, the chi-square statistical test results revealed a significant relationship ( $p=0.000<0.05$ ) between work and exclusive breastfeeding in the Tahtul Yaman Health Centre's working area in Jambi City in 2024, leading to the rejection of  $H_0$  and acceptance of  $H_a$ . The findings of this study align with the research carried out by [7] titled 'The Relationship between Maternal Employment Status and Health Worker Support with Exclusive Breastfeeding Success in the Puskesmas II East Denpasar Region'. Dewi's study revealed a noteworthy connection between a mother's employment status and the achievement of exclusive breastfeeding. In the study conducted by [8] called 'The Relationship between Employment, Parity, and Breast Care Skills with Exclusive Breastfeeding Behaviour,' it was found that there is a significant relationship between employment status and exclusive breastfeeding behavior in the working area of Pekapuran Raya Banjarmasin Puskesmas, with a p-value of 0.005 and PR of 2.47514.

Aligned with the study conducted by [9] titled 'Connection between Knowledge, Attitudes, Age, Education, Work, Psychological factors, and Early Breastfeeding Initiation with Exclusive Breastfeeding at the Sudiang Health Centre', the findings from the analysis revealed a significant relationship between a mother's employment status and exclusive breastfeeding, with a significance level of  $p = 0.049$  ( $p<0.05$ ).

This indicates a noteworthy correlation between a mother's work and the practice of exclusive breastfeeding. Mothers not providing exclusive breastfeeding often stems from the high proportion of working mothers. Furthermore, this inclination is observed due to the challenge faced by working women who have recently given birth.

The limited duration of maternity leave compared to the recommended breastfeeding period creates a dilemma, leading them to resort to formula milk as an alternative. As a result, mothers who are employed outside the household have restricted chances to directly breastfeed their infants. This limitation may arise due to constraints related to time and location, particularly when workplace facilities are not accessible. If working mothers are well informed about the advantages, proper storage techniques, and including breastfeeding, it is anticipated that the rates of exclusive breastfeeding will rise.

Based on the researcher's assumption, numerous working mothers may not be able from the findings of the aforementioned research, it can be inferred that a significant correlation exists between employment and assistance received from healthcare providers regarding the promotion of exclusive breastfeeding among mothers in the service vicinity of the Tahtul Yemen Public Health Center, located in Jambi City. The p-value for employment stands at 0.000, while for health worker support, it is 0.003. The aspiration is for the findings of this study to serve as valuable reference material for upcoming researchers.

### **1. Relationship between Health Worker Support and Exclusive Breastfeeding**

Mothers who are exclusively breastfeeding typically lean towards instrumental and informative support as their primary sources of help, as indicated by the data above. Out of the 100 participants, the majority, comprising 75 individuals (75%), provided positive responses to questions 13 and 15, focusing on informative assistance. Question 7, which touched upon

instrumental support, also garnered a substantial number of positive responses, at 75%. Conversely, question 16 received the most negative responses, with 46 participants (46%) indicating 'no'. With reference to the study findings, the Chi-square analysis indicated a statistically significant relationship ( $p=0.003<0.05$ ) between health worker assistance and exclusive breastfeeding within the operational zone of Tahtul Yaman Health Center in Jambi City in 2024.

The findings of this study align with the research by [10] on 'The Relationship between Health Worker Support and Exclusive Breastfeeding Success at the Kutabumi Health Centre'. The results indicate a significant association between health worker support and exclusive breastfeeding, with a p-value of 0.023 ( $P<0.05$ ). Following recent research conducted by [11] on 'The Connection Between Health Worker Support and Maternal Education with Exclusive Breastfeeding in 6–12-Month-Old Infants at Posyandu within the Harapan Baru Samarinda Health Centre Area', it was found that there is a significant correlation between health worker support and exclusive breastfeeding among infants aged 6-12 months at the Harapan Baru Samarinda Health Centre. The p-values were reported as 0.003, which is less than the significance level of 0.05. The correlation between the support provided by health workers and the practice of exclusive breastfeeding has been a pivotal focus of discussion in health research. Earlier research indicates that mothers who are supported by healthcare providers are more inclined to exclusively breastfeed compared to those lacking such support. Support can come in various forms like information, education, guidance, and emotional assistance given by healthcare professionals such as doctors, midwives, nurses, and lactation counselors. When we talk about exclusive breastfeeding, the guidance provided by health professionals is crucial. Having precise and in-depth details about the advantages of exclusive breastfeeding, correct breastfeeding methods, and strategies to tackle common breastfeeding challenges can boost a mother's self-assurance and capacity for breastfeeding.

Research indicates that when mothers are provided information by healthcare professionals, they are more likely to grasp the significance of exclusive breastfeeding for both the baby's and their own health. Health professionals with specialized training can provide comprehensive explanations about the nutritional components of breastmilk, which are irreplaceable by formula milk. Moreover, they can also highlight the numerous advantages of exclusive breastfeeding, including enhanced infant immunity, decreased chances of chronic illnesses, and the development of a deep emotional connection between mother and child. Moreover, the education delivered by health professionals yields a substantial influence. This is typically achieved through antenatal classes, home visits, and counseling sessions, either individually or in a group setting. A well-rounded education not only includes breastfeeding techniques but also delves into lactation management and methods to uphold exclusive breastfeeding in specific scenarios, like when the mother is employed. Getting advice directly from health experts is also crucial in promoting exclusive breastfeeding. This guidance can be offered during routine health check-ups at medical centers or through visits to your home. Health workers frequently assist mothers in positioning their babies correctly during breastfeeding, ensuring proper attachment, and addressing issues like sore nipples or low milk production.

This direct interaction permits the health worker to offer instant feedback and tangible solutions, which significantly aid the mother in breastfeeding with ease and accuracy. Apart from the physical and technical elements, the emotional assistance provided by healthcare professionals



is of equal significance. Emotional support involves being there to listen to the mother's worries, offering praise and encouragement, and boosting her determination to persevere in breastfeeding, even when faced with difficulties. Studies indicate that mothers who receive emotional support from healthcare providers tend to be more committed to exclusively breastfeeding. Supporting mothers emotionally makes them feel appreciated and nurtured, leading to a notable decrease in the stress and anxiety commonly experienced while breastfeeding. Dezoiti Support from health workers extends beyond the mother to also include her family and surroundings.

Health workers frequently provide important information to families, particularly husbands, to emphasize the significance of exclusive breastfeeding and guide them on how to assist breastfeeding mothers. Having robust family backing empowers mothers to stay motivated and deal with any obstacles that come their way. In general, the connection between the support of health professionals and exclusive breastfeeding is robust and noteworthy.

The assistance offered through information, education, guidance, and emotional support greatly aids mothers in comprehending, preparing for, and successfully practicing exclusive breastfeeding. When health workers provide sufficient support, mothers are more likely to succeed in exclusively breastfeeding, resulting in positive outcomes for both the mother and the baby's health. Hence, garnering more backing from healthcare professionals is a vital stride in enhancing the prevalence of exclusive breastfeeding within the community [12], [13].

#### 4. CONCLUSION

From the findings of the aforementioned research, it can be inferred that a significant correlation exists between employment and assistance received from healthcare providers regarding the promotion of exclusive breastfeeding among mothers in the service vicinity of the Tahtul Yemen Public Health Center, located in Jambi City.

The p-value for employment stands at 0.000, while for health worker support, it is 0.003. The aspiration is for the findings of this study to serve as valuable reference material for upcoming researchers.

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