

The Relationship Of Mother's Level Of Knowledge, Employment And Particular History With The Giving Of Colostrum To Newborn Babies At The Manda Clinic In 2024

Mariana Sinaga^{1*}, Emilia Apriani Tampubolon²

¹STIKes Arta Kabanjahe, Sumatera Utara

²STIKes Darmo, Medan, Sumatera Utara

* E-mail: annatamsin1906@gmail.com

DOI: [10.33859/dksm.v14i2.905](https://doi.org/10.33859/dksm.v14i2.905)

Abstrak

Background: Breastfeeding is the process of giving breast milk (ASI) to a newborn baby. Breastfeeding is beneficial for the growth and development of babies, especially giving yellowish first breast milk (colostrum).

Purpose: The aim of the research was to determine the relationship between mother's knowledge, employment and birth history with the provision of colostrum to newborns.

Method: This type of research is a quantitative description with a cross sectional approach. The research population was all 30 postpartum mothers at the Manda Clinic. The sample uses a total sampling technique.

Result: The research results showed that the majority had 13 people (43.3%) who had insufficient knowledge, 12 people (40%) had their respective occupations as non-employed/domestic workers and self-employed workers, and 14 people (46.7%) had a history of multiparous childbirth. From the results of the chi-square test, it was found that there was a relationship between knowledge and giving colostrum with a p-value of 0.026, there was a relationship between work and giving colostrum with a p-value of 0.021,

Conclusion: there was a relationship between birth history and giving colostrum with a p-value of 0.028. Postpartum mothers are expected to provide colostrum to newborn babies which is beneficial for the baby's growth and development

Key Word : Knowledge, Occupation, Childbirth History, Colostrum, Newborn

Background

Giving breast milk to babies can reduce infant mortality and morbidity. Breast milk is the best source of food for babies, especially during the first 2 years of life. Mother's milk contains many nutrients that babies need for their growth and development, without any

additions except medicine. Exclusive breastfeeding is giving only breast milk from when the baby is 0 to 6 months old. Successful initiation of early breastfeeding during postpartum shows that the baby has received colostrums (Jahuri, 2018).

Colostrum is the first fluid secreted by the breast glands. The highest content in colostrum is antibodies which are ready to protect the baby when the baby is still very weak. The protein content in colostrum is higher than the protein content in mature milk. Early giving of colostrum to babies and continuous breastfeeding is the best protection for babies because babies can avoid disease and have anti-immune substances 10 to 17 times that of mature milk (Khosidah, 2016).

Providing colostrum at the beginning of a baby's life is the best action to support the baby's growth and development in the future. Colostrum provides nutritional value that suits the baby's needs, protects against various infections, and provides loving support and makes the baby intelligent. To give colostrums, you don't need special equipment or expensive costs, all you need is patience, time, knowledge about breastfeeding and support from the environment, especially the family (Properawati, 2017).

According to the World Health Organization (WHO) in 2020, around one in

ten children is born with a low birth weight.

South Asia, one in four children, and approximately 45% of deaths among children under five are linked to malnutrition. These deaths often occur in low and middle income countries, apart from that, 52 million children under five suffer from wasting, where they have a low weight for their height. The infant mortality rate, which is quite high in the world, can actually be avoided by providing breast milk (ASI), especially Colostrum.

Every year 30 thousand children can be saved by giving colostrum. Since the birth of a baby, giving colostrum can reduce the infant mortality rate by up to 13% so that based on the assumption that the population is 219 million, the total birth rate is 2/1000 live births, the number of babies that will be saved is 30 thousand, the level of colostrum giving in the country to date. This is still very low, namely 39% to 40% of the number of mothers who give birth. Colostrum is the perfect food that can protect babies from various types of diseases including upper respiratory tract

infections (ARI), diarrhea, chronic digestive disorders, obesity and allergies (Endah, 2017)

The results of Basic Health Research (Risikesdas, 2018), show that the proportion of breast-fed babies aged 0 to 6 months is 37.3% of babies who get exclusive breast milk, 9.3% of babies who get partial breast milk and 9.3% of babies who get pre-dominant breast milk. as much as 3.3%. The proportion of exclusive breastfeeding has decreased compared to Risikesdas in 2013, namely 38% (Risikesdas, 2018).

This low coverage will occur if a post partum mother has good knowledge and receives support from the family (Roesli, 2018). In society there is still a growing understanding that the first milk that comes out is "stale milk" or dirty milk so it must be thrown away before breastfeeding. This understanding is generally passed down from mother or grandmother and originates from individual assumptions and ignorance

Efforts to encourage someone to behave healthily, such as giving colostrum breast milk, require efforts to provide information about

colostrum breast milk and to obtain the information needed, someone needs a learning process. The most important thing in conveying information is communication techniques.

Providing information about colostrums can be done to pregnant women from the start of pregnancy. A pregnant woman is a woman who is pregnant from conception to birth of the fetus. Pregnancy is a time of transition, namely the period between life before having a child who is currently in the womb and life later after the child is born (Ratnawati, 2020)

Mother's knowledge about colostrums is very important, where the mother's knowledge is lacking so she does not give her colostrum to the baby. Knowledge is lacking because almost all mothers do not understand about colostrum. This is caused by the lack of information received by the mother (Muniroh, 2017).

The results of the initial survey conducted by researchers on January 10 2024 at the Manda Clinic were obtained from 10 pregnant women. Based on the results of

distributing questionnaires, there were 6 pregnant women who had insufficient knowledge about colostrum, 3 pregnant women had sufficient knowledge about colostrum and 1 mother Pregnant women have good knowledge about colostrum. Based on these data, it shows that the knowledge possessed by pregnant women about colostrums is still lacking.

Based on the description above, researchers are interested in conducting research entitled "The Relationship between Level of Knowledge, Occupation and Mother's Childbirth History with Giving Colostrum to Newborn Babies at the Manda Clinic in 2024"

Method

The type of research used is quantitative description with a cross sectional approach. The research was conducted at the Pratama Manda Clinic from January to June 2024. The population in this study was all 30 mothers who had newborn babies at the Pratama Manda Clinic. The sample uses a total sampling technique, namely the entire population is used as a sample

Result and Discussion

The research results are all data and information obtained in accordance with the provisions and research methods used. After conducting research on 30 respondents at Pratama Manda Medan Clinic in 2024, regarding the relationship between the mother's level of knowledge, occupation and birth history with giving colostrum to newborn, the researchers obtained the following results:

Table 1. Frequency Distribution of Mothers' Knowledge of Giving Colostrum to Newborn Babies at Pratama Manda Clinic in 2024

No.	Knowledge	F	%
1.	Good	7	24,3
2.	Enough	10	33,3
3.	Not Enough	13	43,3
amount		30	100

Based on the table above, it can be concluded that the majority of mothers' level of knowledge about giving colostrum to newborns, namely the majority in the poor category, namely 13 respondents (43.3%), with a total of 30 respondents (100%). And the minority in the sufficient category is 10 respondents (33.3%)

Table 2. Frequency Distribution of Mother's Work with Giving Colostrum to Newborn Babies at Pratama Manda Clinic in 2024

No	Work	F	%
1.	Doesn,t Work	12	24,3
2.	Self-Employed	12	33,3
3.	Civil Servants	6	43,3
	amount	30	100

From the table above, it can be concluded that most of the employment levels regarding giving colostrum to newborn babies are the majority in the non-working/domestic category, 12 respondents (40%) and self-employed, 12 respondents (40%), and the minority civil servant category, 6 respondents. (20%)

Table 3. Frequency Distribution of Mother's History of Childbirth with Colostrum Giving to Newborn Babies at Pratama Manda Clinic in 2024

No.	Birth History	F	%
1.	Primipara	8	26,7
2.	Multiparous	14	46,7
3.	Grandepara	8	26,7
	Total	30	100

From the table above, it can be concluded that the majority of mothers' birth history regarding giving colostrum to newborns is in the multipara category, namely 14 respondents (46.7%), and the minority is in primipara and grandepara, namely 8 respondents (26.7%) each

Table 4. Cross-Relationship Distribution of Knowledge About Giving Colostrum to Newborn Babies at Pratama Manda Clinic in 2024

Knowledge	Giving Colostrum						P-Value
	Optimal		Not optimal		Total		
	F	%	F	%	F	%	
Good		31.	1	9.1	7	23.	0.026
Fair		6	7	63.	1	3	
Less		6	15.	3	6	0	
		3	8		27.	1	
		1	52.		3	3	
	0	6				3	

From the table above, it can be concluded that the majority of the level of knowledge regarding giving colostrum is at a poor level of knowledge, 13 respondents (43.3%), and the minority is in the good category, 7 respondents (23.3%). With a P-Value value of 0.026, which means there is a relationship between the level of knowledge in giving colostrum to newborn

Table 5. Cross-Distribution of Occupational Relationships Regarding Giving Colostrum to Newborn Babies at Pratama Manda Clinic in 2024

Work	Giving Colostrum						P-Value
	Optimal		Not Optimal		Total		
	F	%	F	%	F	%	
Doesn't	1	52,	2	18,	1	40,	0.021
Self	0	6	8	2	2	0	
Employe	4	21,	1	72,	1	40,	
	5	1		7	2	0	
Civil		26,		9,1	6	20,	
Servants		3				0	

From the table above, it can be concluded that the majority of mothers' occupations regarding the provision of colostrums are unemployed and self-employed, each with 12 respondents (40%), and the minority being civil servants with 6 respondents (20%). With a P-Value of 0.021, which means there is a relationship between mother's work in giving colostrum to BBL

Table 6. Cross-Relationship Distribution of Maternity History Regarding Giving Colostrum to Newborn Babies at Pratama Manda Clinic in 2024

Birth History	Giving Colostrum						P-Value
	Optimal		Not Optimal		Total		
	F	%	F	%	F	%	
Primipara	3	15,	5	45,	8	26,	0.028
Multiparous	8	42,	0	54,	4	46,	
Grandepara	1		5		8	7	
		1		0		7	

From the table above, it can be concluded that the majority of mothers' birth histories regarding colostrum administration were multipara, 14 respondents (46.7%), and the minority were primipara and grandepara, 8 respondents each (26.6%). With a P-Value of 0.028, which means there is a relationship between the mother's birth history and giving colostrum to newborn babies.

The Relationship between the Level of Knowledge of Postpartum Mothers and Giving Colostrum to Newborn Babies at the Manda Clinic in 2024

Based on the results of research on the relationship between the level of knowledge, occupation and birth history of mothers regarding giving colostrum to newborns at the Pratama Manda Clinic among 30 respondents, that is, from the level of knowledge, the majority of mothers' knowledge is less than 13 people (43.3%), in terms of work the majority do not work. and self-employed, 12 people each (40%), and the majority of mothers' birth history were multiparous, 14 people (46.7%)

This is in line with the opinion of (Moeliono, 2017) Knowledge is information or information that a person knows or is aware of. It is a variety of symptoms that humans encounter and obtain through sensory observation. Knowledge arises when someone uses their senses or reason to recognize certain objects or events that have never been seen before

Work is a necessity that must be done primarily to support one's life and family life.

Work is generally an activity that takes up time and can provide experience and knowledge both directly and indirectly (Wawan & Dewi, 2015).

Providing colostrum at the beginning of a baby's life is the best action to support the baby's growth and development in the future. Colostrum provides nutritional value that suits the baby's needs, protects against various infections, and provides loving support and makes the baby intelligent. To give colostrums, you don't need special equipment or expensive costs, all you need is patience, time, knowledge about breastfeeding and support from the environment, especially the family (Properawati, 2017).

Cross Tabulation of the Relationship between Knowledge, Occupation, and Childbirth History with Giving Colostrum to Newborn Babies at Pratama Manda Clinic in 2024

Based on the results of research on the relationship between the level of knowledge,

occupation and birth history of mothers regarding giving colostrum to newborns at the

Pratama Manda Clinic for 30 respondents, the results of the chi-square test showed that there was a relationship between knowledge and giving colostrum with a p-value of 0.026, there was There is a relationship between work and giving colostrum with a p-value of 0.021, there is a relationship between history of childbirth and giving colostrum with a p-value of 0.028.

Based on research from (Elfiza Fitriami, Reny Afwinasyah, 2021) Knowledge is an important factor to support the success of colostrum in babies, because the higher a person's level of education, the easier it is to receive information so that the more knowledge they have. On the other hand, insufficient education will hinder the development of a person's attitude towards the values introduced. Apart from the mother's knowledge about giving colostrum, there are also myths about colostrum which is considered dirty or stale and must be thrown away because it can be toxic and harm the

baby. Many people think that colostrum is white like milk, so when colostrum comes out and is yellowish it is considered unhealthy breast milk so it must be thrown away)

Conclusion

After conducting research regarding the relationship between the mother's level of knowledge, employment and birth history with the provision of colostrum to BBL at Pratama Manda Clinic in 2023, the following conclusions can be drawn, namely:

1. Frequency distribution of the characteristics of postpartum mothers with the provision of colostrum, namely in the occupational category the majority are unemployed/domestic and self-employed, each with 12 respondents (40%), in the birth history category, in the multiparous category, namely 14 respondents (46.7%), in the giving category. colostrum is the majority in the yes category, namely 19 respondents (63.3%)
2. The frequency distribution of the level of knowledge of postpartum mothers with

giving colostrum is the majority in the poor category, namely 13 respondents (43.3%).

3. From the results of bivariate analysis using the chi-square test, it was found that there was a relationship between knowledge and giving colostrum with a p-value of 0.026, there was a relationship between work and giving colostrum with a p-value of 0.021, and there was a relationship between birth history and giving colostrum with p -value 0.028.

It is hoped that postpartum mothers will further increase their knowledge about the nutrition of postpartum mothers in order to fulfill the nutrition of postpartum mothers and produce breast milk for babies, and for health workers to provide education to postpartum mothers regarding postpartum mother nutrition

Reference:

- Aryanti, Armi. (2019). *Gambaran Pengetahuan Ibu Nifas Hari Ke 0-3 Tentang Pentingnya Pemberian Kolostrum Pada Bayi Baru Lahir* di Puskesmas Cicalengka DTP Kabupaten Bandung.
- Dinkes Kabupaten Bengkulu Utara.(2020). *Profil kesehatan Kabupaten Bengkulu Utara*. Bengkulu Utara: Dinas Kesehatan Kabupaten Bengkulu Utara.
- Endah(2017). *Hubungan Pengetahuan Ibu Postpartum Tentang Kolostrum Terhadap Pemberian Kolostrum Pada Bayi Baru Lahir di Ruang Camar 1 RSUD Arifin Achmad Pekanbaru Tahun 2016**, *Occupational Medicine*, 53(4), p. 130.
- Handrawan. (2012). *Faktor-faktor Yang Mempengaruhi Ibu Post Partum 0-3 Hari*
- Jahuri,Iman (2018). *Hubungan antara tingkat pengetahuan dan dukungan keluarga dengan pemberian kolostrum pada bayi baru lahir di PMB Perdamaiana Desa Candi Kec Bandungan Kab Semarang**, *Angewandte Chemie International Edition*,6(11), 951–952.,pp. 11–28.
- Kemendes RI (2017). *Bayi Di Ruang Melati Rsd Gunung Jati Kota Cirebon Tahun 2019**, 23.
- Khosidah (2016).*Faktor-Faktor yang Memengaruhi Pemberian Kolostrum padaBayi Di BPM*. Nurhayati , S . Sit Kecamatan Peusangan Kabupaten Bireuen, *Jurnal Ipteks Terapan*.
- Maryunani,A. 2017. *Inisiasi Menyusu Dini, ASI Eksklusif dan Manajemen Laktasi*. Jakarta:TransInfo Media.
- Maryunani,A. (2017). *Inisiasi Menyusu Dini, ASI Eksklusif dan Manajemen Laktasi*. Jakarta: Trans Info Media.
- Moeliono, R. (2018). *Kamus Besar bahasa Indonesia*. Jakarta: EGC.
- Muniroh,Siti.(2017).*Gambaran pengetahuan ibu hamil tentang pemberian kolostrum pada bayi baru lahir di BPM Umi Salamah Peteronga Kecamatan Peterongan Kabupaten Jombang*. *Adi Husada Nursing Journal* (3(1) diakses melalui : <https://adihusada.ac.id/jurnal/index.php/AHNP/article/download/787>
- Notoatmodjo, S. (2020). *Ilmu Perilaku Kesehatan*. Jakarta: Rineka Cipta.
- Properawati, Atika. (2017). *Buku Ajar Gizi Untuk Kebidanan*.Yogyakarta : Nuha Medika.
- Ratnawati, Ana. (2020). *Asuhan Keperawata Maternitas*. Yogyakarta: Pustaka Baru
- Riskesdas(2018). *Pijat Oksitosin Menggunakan Fennel Essential Oil Mempercepat Pengeluaran Kolostrum Ibu Post Partum Sectio Cesarea*, *Intan Husada: Jurnal Ilmu Keperawatan*, 8(2), pp. 12–22.doi:10.52236/ih.v8i2.186.
- Roesli, Utami. 2018. *Panduan Inisiasi Menyusu Dini plus ASI Eksklusif*. Jakarta : Pustaka Bunda.

Roesli, Utami. 2018. *Panduan Inisiasi Menyusu Dini plus ASI Eksklusif*. Jakarta : Pustaka Bunda.

Sakernas. (2018). *Keadaan Tenaga Kerja Indonesia*. Badan Pusat statistic Indonesia.

Syafrudin, K.M. (2018). *Untaian Materi Penyuluhan KIA (Kesehatan Ibu dan Anak)*. Jakarta: Trans Info Media.

Syafrudin, K.M. (2018). *Untaian Materi Penyuluhan KIA (Kesehatan Ibu dan Anak)*. Jakarta: TransInfo Media.

Wawan,A dan Dewi, M. (2019). *Teori dan Pengukuran, sikap, dan Perilaku Manusia*. Yogyakarta :Nuha Medika.

WHO (2020). Malnutrition Is A World Health Crisis. Diakses pada tanggal 03 Februari 2021 di <https://www.who.int/news/item/26-09-2019-malnutrition-is-a-world-health-crisis>.

Wiji,Natia,Rizki.(2017).*Faktor Faktor Yang Mempengaruhi Pemberian Kolostrum Pada Bayi Baru Lahir di Klinik Pratama Niar Patumbak*. Poltekkes Kemenkes Medan