

Journal Educational of Nursing (JEN)
Vol. 7 No. 1 – January – June 2024; page 77-88
p-ISSN: 2655-2418; e-ISSN: 2655-7630
journal homepage: <https://ejournal.akperrspadjakarta.ac.id>
DOI : [10.37430/jen.v7i1.203](https://doi.org/10.37430/jen.v7i1.203)

Article history:
Received: November 30th, 2023
Revised: December 17th, 2023
Accepted: January 9th, 2024

Factors Related to Exclusive Breastfeeding at Posyandu Margamulya Mauk District

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Abstract

The purpose of this study was to determine the factor associated with exclusive breastfeeding at posyandu margamulya, mauk district. This study used a quantitative research design with *cross sectional* method. The population of this study were mothers who had babies aged 0-6 months. The sampling technique used total sampling with a number of respondents 43 people. Data collection tools using questionnaire and checklists. The results showed that the majority of mothers did not exclusively breastfeed, amounting to 26 mothers (60,5%), based on the age of the majority of mothers aged 20-35 years amounted to 20 mothers (46,5%), based on education, the majority of mothers with low education were 27 mothers (62,8%), based on work, the majority of working mothers are 30 mothers (69,8%), based on parity, the majority of primiparous mothers were 25 mothers (58,1%), based on knowledge the majority of mothers have sufficient knowledge of 20 mothers (46,5%), based on husband's support, amounting to 23 mothers (53,5%). The results of statistical tests with kai squared of 6 variables all have a relationship with exclusive breastfeeding. Based on the results of the research, the suggestion put forward is that mothers at the margamulya posyandu are expected to further improve their ability to maintain the health of their babies through exclusive breastfeeding and their husband's motivation is needed to support the mothers in giving exclusive breastfeeding.

Keyword: Exclusive Breastfeeding, Age, Education, Work, Parity

Introduction

The Sustainable Development Goals in The 2030 Agenda For Sustainable Development targets that by 2030 it can reduce the neonatal mortality rate by at least 12 per 1,000 live births and deaths in children under 6 years of age by at least 25 per 1,000 live births. This can be achieved, one of the ways, is by providing exclusive breastfeeding properly.

However, only 44% of newborn babies in the world receive breast milk

within the first hour of birth. In fact, there are still very few babies under 6 months of age who are exclusively breastfed, coverage of exclusive breastfeeding in Central Africa is 25%, Latin America and the Caribbean is 32%, East Asia is 30%, South Asia is 47%, and developing countries is 46%. Overall, less than 40% of babies under 6 months of age are exclusively breastfed. This is not in accordance with WHO's target, namely increasing exclusive breastfeeding in the first 6 months to at

least 50%. This is WHO's fifth target in 2025.

In Indonesia, 29.5% of babies are exclusively breastfed until the age of 6 months. This is not in accordance with the target of the Ministry of Health's Strategic Plan for 2015-2019, namely the percentage of babies aged less than 6 months who receive exclusive breastfeeding is 50%.

Exclusive breastfeeding coverage in Indonesia has also not reached the expected results, namely 80%. Data from the 2010 Health Research and Development Agency shows that only 15.3% of babies receive exclusive breast milk in Indonesia.

Banten Province in 2011 experienced a decline from the previous year, where exclusive breastfeeding covered 55,973 (32.2%) while in 2010 exclusive breastfeeding in Banten Province covered 69,180 (39.9%) (Banten Provincial Health Service, 2011). Based on statistical data from research and development in the city of Tangerang in 2010, it shows that all Tangerang sub-districts have breast milk coverage below the Ministry of Health's target of 80%, one of which is Jatiuwung District. Based on a preliminary study at the Jatiuwung Public Health Center in Tangerang, exclusive breastfeeding coverage in 2013 was only 12.34%.

The coverage of breastfeeding in Indonesia is shown in the 2014 Indonesian Health Profile, the coverage of exclusive breastfeeding is still 52.3%, while the program target in 2014 is 80%. This shows that the coverage of exclusive breastfeeding has not reached the target. In Banten Province in 2014, breastfeeding coverage was 65%. Efforts to increase the coverage of exclusive breastfeeding in Tangerang Regency in accordance with Regent's Regulation Number 95 of 2014 concerning exclusive breastfeeding have been carried out with

various strategies, starting from increasing the capacity of officers and promoting exclusive breastfeeding as well as preparing a regular framework. In 2013, breastfeeding counseling training was carried out. There are 43 community health center nutrition workers providing food for babies and children. The results of exclusive breastfeeding coverage in 2010 were 32.2%, in 2011 it was 39.9%, in 2012 it was 42.36%, in 2013 it was 44.92% and in 2014 it was 47%.

The growth and development of children is influenced by exclusive breastfeeding in the first 0-6 months of birth because breast milk is the most perfect nutritional substance for babies because it contains antibodies so that children rarely get sick so they do not experience weight loss and by breastfeeding a bond of affection between mother and mother is created. baby thereby affecting fetal development.

The results of research conducted by Andria, et al (2013) show that the results of measuring development p value = 0.048, and the results of measuring growth p value = 0.043. So it can be concluded that of 1762 people, there were 5 babies' weight below the red line (0.28%) and there were 38 people with developmental delays (2.16%).

Breastfeeding is known as one that has the strongest influence on a child's survival, growth and development. Research states that early initiation of breastfeeding within the first hour can prevent 22% of deaths of babies under 1 month of age in developing countries. Achieving 6 months of exclusive breastfeeding depends on the success of early initiation of breastfeeding within the first hour. Exclusive breastfeeding for the first 6 months of life, along with providing complementary foods and continuing breastfeeding from 6 months to 2 years, can reduce at least 20% of deaths in children under five.

Based on data from Susenas (National Socioeconomic Survey) in 2010, only 33.6% of babies aged 0-6 months were exclusively breastfed. Even the 2010 Basic Health Research (Riskesdas) stated that only 15.3% of babies aged less than 6 months were exclusively breastfed. Data on exclusive breastfeeding in Banten province in 2009 included 65,437 (29.85%) exclusive breastfeeding providers. This situation is very worrying, because less than 1% of women actually produce less breast milk and need to get additional milk for their babies.

Based on the results of a preliminary survey, researchers conducted interviews with mothers who had babies in Margamulya village, it turned out that 7 out of 10 babies had not been given exclusive breast milk for 6 months. Because there are still many babies under the age of 6 months who have been given MPASI such as bananas or milk porridge by their mothers. Because they think that if they only give breast milk, their baby will not be full. The purpose of this study was to determine the factor associated with exclusive breastfeeding at posyandu margamulya, mauk district

Method

This research uses a quantitative research design with a cross sectional method to determine the relationship between education, age, employment, knowledge, parity and husband's support for exclusive breastfeeding at Posyandu Margamulya, Mauk District. Data collection on independent and dependent variables was carried out through direct interviews with respondents using questionnaire tools.

The population in this study were all mothers with babies 0-6 months who visited in July-August 2021 at Posyandu Margamulya, Mauk District, Tangerang Regency, namely 43 people. The sample

in this study were all mothers who had babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang Regency, namely 43 people. The sampling technique in this research is total sampling.

In research on maternal education, maternal age, maternal occupation, maternal knowledge and parity are independent variables. In this study, exclusive breastfeeding is the dependent variable. The research instrument used was a questionnaire to collect data on exclusive breastfeeding, mother's age, mother's parity, mother's occupation, mother's education, mother's knowledge, and husband's support. The questionnaire that will be used is a questionnaire that has been modified from the research questionnaire of Hajjah, et al., 2012. The data analysis used in this research is univariate analysis and bivariate analysis.

Results

1. Univariate analysis

Table 1 Distribution of frequency of exclusive breastfeeding at Posyandu Margamulya Mauk District

No	Exclusive Breastfeeding	Frequency (F)	Percentage (%)
1	Yes	17	39,5%
2	No	26	60,5%
Total		43	100%

Based on the table above, it shows that of the 43 mothers who had babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang Regency, there were 26 people (60.5%) who did not provide exclusive breastfeeding and 17 people (39.5%) who provide exclusive breastfeeding.

Table 2 Frequency distribution based on mother's age at Posyandu Margamulya Mauk District

No	Mother's age	Frequency (F)	Percentage (%)
1	<20 years	13	30,2%
2	20-35 years	20	46,5%
3	>35 years	10	23,3%
Total		43	100%

Based on the table above, it shows that of the 43 mothers who had babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang Regency, there were 13 people (30.2%) who were < 20 years old, 20 people (46.5%) who aged 20-35 years and 10 people (23.3%) aged > 35 years.

Table 3 Frequency distribution based on maternal education at Posyandu Margamulya Mauk District

No	Mother's education	Frequency (F)	Percentage (%)
1	Low education	27	62,8%
2	Higher education	16	37,2%
Total		43	100%

Based on the table above, it shows that of the 43 mothers with babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang Regency, there were 27 people (62.8%) who had low education and 16 people (37.2%) who had high education.

Table 4 Frequency distribution based on mother's occupation at Posyandu Margamulya Mauk District

No	Mother's job	Frequency (F)	Percentage (%)
1	Work	30	69,8%
2	Doesn't work	13	30,2%
Total		43	100%

Based on the table above, it shows that of the 43 mothers with babies aged 0-6 months who visited Posyandu

Margamulya, Mauk District, Tangerang Regency, there were 30 people (69.9%) who worked and 13 people (30.2%) who did not work.

Table 5 Frequency distribution based on parity at Posyandu Margamulya Mauk District

No	Parity	Frequency (F)	Percentage (%)
1	Primipara	25	58,1%
2	Multiparous	18	41,9%
Total		43	100%

Based on the table above, it shows that of the 43 mothers who have babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang Regency, there were 25 people (58.1%) whose parity was primipara and 18 people (41.9%) whose parity was including multiparas.

Table 6 Frequency distribution based on mother's knowledge at Posyandu Margamulya Mauk District

No	Mother's knowledge	Frequency (F)	Percentage (%)
1	Not enough	14	32,6%
2	Enough	20	46,5%
3	Good	9	20,9%
Total		43	100%

Based on the table above, it shows that of the 43 mothers who have babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang Regency, there were 14 people (32.6%) who had little knowledge, 20 people (46.5%) who had sufficient knowledge. and 9 people (20.9%) who had good knowledge.

Table 7 Frequency distribution based on husband's support at Posyandu Margamulya Mauk District

No	Husband's support	Frequency (F)	Percentage (%)
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1	Does not support	23	53,5%
2	Support	20	46,5%
Total		43	100%

Based on the table above, it shows that of the 43 mothers who have babies 0-6 months who visited Posyandu Margamulya, Mauk District, Tangerang

Regency, there were 23 people (53.5%) who were not supported by their husbands and 20 people (46.5%) who were supported by their husbands. .

2. Bivariate analysis

The relationship between maternal age and exclusive breastfeeding

Table 8 The relationship between maternal age and exclusive breastfeeding at Posyandu Margamulya, Mauk District

No.	Mother's age	Exclusive Breastfeeding		Amount	X ² Count	X ² Table
		Not Exclusive Breastfeeding	Exclusive Breastfeeding			
1	<20 years	12 (92,3%)	1 (7,7%)	13 (100%)	9,019	5,991
2	20-35 years	8 (40,0%)	12 (60,0%)	20 (100%)		
3	>35 years	6 (60,0%)	4 (40,0%)	10 (100%)		
Total		26 (60,5%)	17 (39,5%)	43 (100%)		

The research results in the table above show a cross tabulation between maternal age and exclusive breastfeeding. It turns out that of the 13 people aged < 20 years there were 12 people (92.3%) who did not give exclusive breast milk and 1 person (7.7%) who gave breast milk. 6 people (60.0%) who did not give exclusive breast milk and 4 people (40.0%) who gave exclusive breast milk. From the

results of the statistical test using chi-square, it was found that the calculated X² was greater than the X² table, so H₀ was rejected and H_a was accepted, meaning that there was a relationship between the mother's age and exclusive breastfeeding at the Margamulya Posyandu.

The relationship between maternal education and exclusive breastfeeding

Table 9 Relationship between maternal education and exclusive breastfeeding at Posyandu Margamulya, Mauk District

No.	Mother's	Exclusive Breastfeeding	Amount	X ² Count	X ² Table
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	education	Not Exclusive Breastfeeding	Exclusive Breastfeeding			
1	Low	20 (74,1%)	7 (25,9%)	27 (100%)	4,196	3,841
2	Tall	6 (37,5%)	10 (62,5%)	16 (100%)		
Total		26 (60,5%)	17 (39,5%)	43 (100%)		

The research results in the table above show a cross tabulation between maternal education and exclusive breastfeeding. It turns out that of the 27 people with low education, there were 20 people (74.1%) who did not give exclusive breast milk and 7 people (25.9%) who gave exclusive breast milk. Meanwhile, of the 16 people with higher education, there were 6 people (37.5%) who did not give exclusive breastfeeding and 10 people (62.5%) who gave

exclusive breast milk. From the results of statistical tests using chi-square, it was found that the calculated X^2 was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between maternal education and exclusive breastfeeding at Posyandu Margamulya.

The relationship between maternal employment and exclusive breastfeeding

Table 10 Relationship between mother's employment and exclusive breastfeeding at Posyandu Margamulya, Mauk District

No.	Mother's job	Exclusive Breastfeeding		Amount	X ² Count	X ² Table
		Not Exclusive Breastfeeding	Exclusive Breastfeeding			
1	Work	22 (73,3%)	8 (26,7%)	30 (100%)	5,209	3,841
2	Doesn't work	4 (30,8%)	9 (69,2%)	13 (100%)		
Total		26 (60,5%)	17 (39,5%)	43 (100%)		

The research results in the table above show a cross tabulation between

mother's work and exclusive breastfeeding. It turns out that out of 30

people who work there are 22 people (73.3%) who do not give exclusive breast milk and 8 people (26.7%) who give exclusive breast milk, while Of the 13 people who do not work, there are 4 people (30.8%) who do not provide exclusive breastfeeding and 9 people (69.2%) who provide exclusive breastfeeding. From the results of the statistical test using chi-square, it was

found that X^2 Count was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between the mother's job and exclusive breastfeeding at the Margamulya Posyandu.

The relationship between parity and exclusive breastfeeding

Table 11 Relationship between parity and exclusive breastfeeding at Posyandu Margamulya, Mauk District.

No.	Parity	Exclusive Breastfeeding		Amount	X^2 Count	X^2 Table
		Not Exclusive Breastfeeding	Exclusive Breastfeeding			
1	Primipara	19 (76,0%)	6 (24,0%)	25 (100%)	4,577	3,841
2	Multiparous	7 (38,9%)	11 (61,1%)	18 (100%)		
Total		26 (60,5%)	17 (39,5%)	43 (100%)		

The results of the research in the table above show a cross tabulation between parity and exclusive breastfeeding. It turns out that of the 25 people who were included in primiparous parity, there were 19 people (76.0%) who did not give exclusive breast milk and 6 people (24.0%) who gave exclusive breast milk. Meanwhile, of the 18 people who were multiparous, there were 7 people (38.9%) who did not give exclusive breastfeeding and 11 people

(61.1%) who gave exclusive breast milk. From the results of statistical tests using chi-square, it was found that X^2 Calculated was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between parity and exclusive breastfeeding at Posyandu Margamulya.

The relationship between maternal knowledge and exclusive breastfeeding

Table 12 Relationship between maternal knowledge and exclusive breastfeeding at Posyandu Margamulya, Mauk District.

No.	Mother's knowledge	Exclusive Breastfeeding		Amount	X^2 Count	X^2 Table
		Not Exclusive Breastfeeding	Exclusive Breastfeeding			
1	Not enough	11 (78,6%)	3 (21,4%)	14 (100%)	7,598	5,991

No.	Mother's knowledge	Exclusive Breastfeeding		Amount	X ² Count	X ² Table
		Not Exclusive Breastfeeding	Exclusive Breastfeeding			
2	Enough	13 (65,0%)	7 (35,0%)	20 (100%)		
3	Good	2 (22,2%)	7 (77,8%)	9 (100%)		
Total		26 (60,5%)	17 (39,5%)	43 (100%)		

The research results in the table above show a cross tabulation between mother's knowledge and exclusive breastfeeding. It turns out that of the 14 people who had less knowledge, there were 11 people (78.6%) who did not give exclusive breast milk and 3 people (21.4%) who gave exclusive breast milk. Of the 20 people who had sufficient knowledge, there were 13 people (65.0%) who did not give exclusive breastfeeding and 7 people (35.0%) who gave exclusive breast milk, while of the 9 people who had good knowledge there

were 2 people (22.2%) who did not give exclusive breast milk and 7 people (77.8%) who gave exclusive breast milk. From the results of statistical tests using chi-square, it was found that X² Calculated was greater than X² Table, so Ho was rejected and Ha was accepted, meaning that there was a relationship between maternal knowledge and exclusive breastfeeding at Posyandu Margamulya.

The relationship between husband's support and exclusive breastfeeding

Table 13 Relationship between husband's support and exclusive breastfeeding at Posyandu Margamulya, Mauk District.

No.	Husband's support	Exclusive Breastfeeding		Amount	X ² Count	X ² Table
		Not Exclusive Breastfeeding	Exclusive Breastfeeding			
1	Does not support	19 (82,6%)	4 (17,4%)	23 (100%)		
2	Support	7 (35,0%)	13 (65,0%)	13 (100%)	8,249	3,841
Total		26 (60,5%)	17 (39,5%)	43 (100%)		

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The research results in the table above show a cross tabulation between husband's support and exclusive breastfeeding. It turns out that of the 23 people who were not supported by their husbands, there were 19 people (82.6%) who did not give exclusive breast milk and 4 people (17.4%) who gave exclusive breast milk. , while of the 20 people who were supported by their husbands, there were 7 people (35.0%) who did not give exclusive breastfeeding and 13 people (65.0%) who gave exclusive breast milk. From the results of statistical tests using chi-square, it was found that X^2 Calculated was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between husband's support and exclusive breastfeeding at Posyandu Margamulya.

Discussion

1. Exclusive breastfeeding

The results of research conducted using statistical tests using univariate analysis, it shows that of the 43 respondents, the majority of mothers who have babies aged 0-6 months who do not give exclusive breast milk are a total of 26 mothers (60.5%) while those who give exclusive breast milk are a total of 17 mothers (39.5%). This is because mothers still do not really understand the knowledge and benefits of exclusive breastfeeding. The results of this research are in accordance with research conducted by Zakiyah (2012), in Semanan Village, Kalideres District, West Jakarta, of the 82 respondents who did not provide exclusive breastfeeding, there were 53 mothers (64.6%) and 29 mothers who provided exclusive breastfeeding (35.4%).

2.The relationship between maternal age and exclusive breastfeeding

The results of research carried out using statistical tests using chi-square, it was found that the calculated X^2 was greater than the X^2 table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between the mother's age and exclusive breastfeeding. The results of this research are in accordance with research conducted by Ida (2012) in the working area of the Kemiri Muka Community Health Center, Depok City with a total sample of 172 mothers and stated that there was no relationship between mother's age and exclusive breastfeeding. However, the results of this study are not in accordance with the previous opinion which stated that the mother's age affects breast milk production. In theory, younger mothers can produce more breast milk than older mothers. and 20-35 years old is a safe age for reproduction and in general mothers at that age have better lactation abilities than mothers over 35 years old.

3.The relationship between maternal education and exclusive breastfeeding

The results of the research carried out using statistical tests using chi-square showed that the calculated X^2 was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between maternal education and exclusive breastfeeding. Mothers with higher education are 4 times more likely to provide exclusive breastfeeding than mothers with low education. The results of this research are in accordance with research conducted by Susilawati at the Padang Bulan Health Center, Medan, that the mother's education level influences exclusive

breastfeeding. In theory, education has an impact on increasing a person's insight or knowledge, someone with higher education will have broader knowledge compared to someone with a lower level of education. Education has a big influence on exclusive breastfeeding. Mothers with higher education are more aware of the psychological and physiological benefits so that higher levels of education tend to provide exclusive breastfeeding.

4. The relationship between maternal employment status and exclusive breastfeeding

The results of research carried out using statistical tests using chi-square showed that X^2 Calculated was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there is a relationship between mother's work and exclusive breastfeeding. Work is related to exclusive breastfeeding where non-working mothers are 16.4 times more likely to provide exclusive breastfeeding than working mothers. The world of work will change the role of mothers in caring for children. The relatively long postnatal leave and long working hours are factors in mothers switching to formula milk and mothers weaning their children.

This is also in accordance with research conducted by Ida which stated that the mother's employment status is related to exclusive breastfeeding. In theory, it states that busyness due to working outside the home prevents mothers from breastfeeding their children well. The limited time for maternity and childbirth leave for working mothers means that the period of exclusive breastfeeding cannot last long because the mother has to return to work. This results in hampered efforts to provide exclusive breastfeeding

5. The relationship between parity and exclusive breastfeeding

The results of the research carried out using statistical tests using chi-square showed that X^2 Count was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there is a relationship between parity and exclusive breastfeeding. The results of this study are in accordance with research conducted by Ogunlesi, which stated that there was no relationship between parity and exclusive breastfeeding. However, this research is in accordance with the statement, stating that with an increase in parity, there is a slight change in breast milk production, although it is not significant. The volume of breast milk increases after the birth of the first child and will decrease after the birth of the fifth child.

6. The relationship between maternal knowledge and exclusive breastfeeding

The results of the research carried out using statistical tests using chi-square showed that X^2 Count was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between maternal knowledge and exclusive breastfeeding. The results of this research are in accordance with research by Husna (2006), at the Garuda Community Health Center, Pekanbaru City, which stated that 46.9% of well-informed mothers gave exclusive breast milk to their babies. Mothers who have good knowledge will provide exclusive breastfeeding 5.47 times compared to mothers who have less knowledge.

In theory, domain knowledge is very important for the formation of a person's behavior. Adequate maternal knowledge regarding exclusive breastfeeding will motivate mothers to provide exclusive breastfeeding. Mothers who have good knowledge regarding the duration of

exclusive breastfeeding without any food, the benefits of breastfeeding, things that influence the volume of breast milk, the nutrients contained in breast milk, knowledge about colostrum, the frequency of breastfeeding and signs that the baby is getting enough breast milk. Exclusive breastfeeding can be successful in part because of the respondents' knowledge about the benefits and importance of giving only breast milk for 6 months.

7.The relationship between husband's support and exclusive breastfeeding

The results of the research carried out using statistical tests using chi-square showed that X^2 Count was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between husband's support and exclusive breastfeeding. The results of this research are in accordance with previous research conducted, in the West Bekasi Community Health Center working area which stated that there was a significant relationship between husband's support and exclusive breastfeeding.

Mothers who receive husband support are 12.98 times more likely to provide exclusive breastfeeding than those who have low husband support. Mothers need emotional support, information and help from their husbands. This support will be effective if there is a mutually supportive relationship between mother and husband. Routine household work makes mothers tired and stressed so they need support from their husbands. Support in the form of help with household chores makes mothers calm and relaxed so that mothers can produce enough breast milk for their babies. Husbands play a very big role in the process of exclusive breastfeeding.

Conclusion

1. Distribution of frequency of exclusive breastfeeding based on age, the majority are mothers aged 20-35 years with a total of 20 mothers (46.5%). From the results of the statistical test using chi-square, it was found that the calculated X^2 was greater than the X^2 table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between the mother's age and exclusive breastfeeding.
2. Distribution of frequency of exclusive breastfeeding based on education, the majority are mothers with low education with a total of 27 mothers (62.8%). From the results of statistical tests using chi-square, it was found that X^2 Calculated was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between maternal education and exclusive breastfeeding.
3. Distribution of frequency of exclusive breastfeeding based on work, the majority of mothers are working, a total of 30 mothers (69.8%). From the results of the statistical test using chi-square, it was found that X^2 Calculated was greater than X^2 Table, so H_0 was rejected and H_a was accepted, meaning that there was a relationship between the mother's job and exclusive breastfeeding.
4. Distribution of frequency of exclusive breastfeeding based on parity, the majority are mothers who have only had one child, a total of 25 mothers (58.1%). From the results of statistical tests using chi-square, it is found that X^2 Calculation is greater than X^2 Table, then H_0 is rejected and H_a is accepted, meaning that there is a relationship between parity and exclusive breastfeeding.
5. Distribution of frequency of exclusive breastfeeding based on mother's knowledge, the majority are mothers

who have sufficient knowledge with a total of 20 mothers (46.5%). From the results of statistical tests using chi-square, it is found that X^2 Count is greater than X^2 Table, then H_0 is rejected and H_a is accepted, meaning there is a relationship between mother's knowledge and exclusive breastfeeding.

6. Frequency distribution based on exclusive breastfeeding based on husband's support, the majority are husbands who do not support a total of 23 people (53.5%). From the results of statistical tests using chi-square, it is found that X^2 Count is greater than X^2 Table, then H_0 is rejected and H_a is accepted, meaning there is a relationship between husband's support and exclusive breastfeeding.

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