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Intensive Lactation Counseling for The Success of Giving Exclusive Breastfeeding until 2 Months Old

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ABSTRACT

Background: In Semarang in 2016, giving exclusive breastfeeding by mother to her baby was 67.16% and in work area of Candi Lama Public Health Center only reached 43.52%. So far, it had not been known the influence of intensive lactation counseling against the success of giving exclusive breastfeeding. Purpose: to know the influence of intensive lactation counseling against the success of giving exclusive breastfeeding until 2 months old. Methods: This research utilized quasi experimental design. Population in this research was mothers who had gestational age in 37-42 weeks. Total of the subjects was 32 mothers who were divided by 2 groups, experiment group (n = 16) and control group (n = 16). Experiment group was given intensive lactation counseling in 6 times for 3 months. Meanwhile, control group was not given any lactation counseling, but was given leaflet of exclusive breastfeeding. Results: Proportion of mothers who were successful in giving exclusive breastfeeding until 2 months old in experiment group was higher (93.75%) rather than in control group (31.25%). The difference in this proportion was quite significant (p= 0.001). The comparison result of proportion for mothers who were successful in giving exclusive breastfeeding until 2 months old between the group that was given intensive lactation counseling (experiment group) and control group showed RR = 3.0 (95% CI: 1.435-6.273). Conclusion: Giving intensive lactation counseling increased the proportion for the mothers who were successful in giving exclusive breastfeeding until 2 months old.

Keywords: Intensive lactation counseling, Exclusive breastfeeding

INTRODUCTION

Exclusive breastfeeding is breastmilk that is given to the baby since he/she is born for six months without adding and/ or changing with other food or drinks (except for medicine, vitamin, and mineral).⁽¹⁾ Giving exclusive breastfeeding can increase nutrition intake and health status because breastmilk is the best food for baby because it contains nutrients and antibody substances for baby's growth and health.⁽²⁾

In Indonesia, baby who was given exclusive breastfeeding was about 55.7% and in 2016, it decreased to be 54% (coverage target of national exclusive breastfeeding was in 80%).⁽³⁾ In 2016, the coverage of exclusive breastfeeding in Central Java was 59.9%.⁽⁴⁾ In Semarang 2016 was 67.16% and in Public Health Center of Candi Lama, Candisari Subdistrict reached 43.52%. The data showed that the coverage of giving exclusive breastfeeding in Public Health Center of Candi Lama had not reached either national target or RENSTRA target in Semarang.⁽⁵⁾

Presenting lactation counseling is one of the efforts in order to increase the giving exclusive breastfeeding. Lactation counseling is a counseling service by service provider professionals with the purpose for helping in solving mother's problem, facilitating the change of mother's behavior, improving mother's ability and making decision through development of mother's potency.^(6,7) Breastmilk counselor is someone who has joined particular

training of counseling for breastfeeding and has obtained certificate of standard training module of WHO/UNICEF for 40 hours.⁽⁸⁾

So far, it had not been known the influence of intensive lactation counseling against the success of breastfeeding for the mother to her baby in Public Health Center of Candi Lama. Conducted research by Liliana et.al in Yogyakarta-East Java, Indonesia showed that lactation counseling for pregnant mother and breastfeeding mother influenced the success in exclusive breastfeeding. Intensity of routine counseling was also a thing that influenced the improvement of mother's knowledge and it could give mother's motivation to breastfeed exclusively.⁽⁹⁾

Data of the baby who had exclusive breastfeeding from Public Health Center of Candi lama in 2017 showed more than 20% of the baby stopped breastfeeding before in 2 months old. Preliminary study that was conducted to 12 breastfeeding mothers who conducted lactation counseling in Public Health Center of Candi lama showed 53% of them stopped breastfeeding before her baby was 2 months old. According to conducted research by Nurlely, this was caused by most of mothers were private employees who worked in the morning until in the afternoon.⁽¹⁰⁾

This research aimed at knowing the influence of intensive lactation counseling against the success of giving exclusive breastfeeding until 2 months old.

METHODS

This research was quasi experimental research. Population of this research was pregnant mother who worked and lived in area of Public Health Center of Candi lama, Candisari Subdistrict, Semarang, Central Java, Indonesia. Sample of this research was 32 respondents who were consisted of 16 respondents who were given intervention of intensive lactation counseling in six time for three months (experiment group) and 16 respondents who were not given any intervention of lactation counseling but were given leaflet of exclusive breastfeeding (control group). Method of sample collection was conducted by non probability sampling method which was consecutive sampling with either inclusion criteria or exclusion criteria.⁽¹¹⁾

Independent variable in this research was intensive lactation counseling. Meanwhile, dependent variable was the success of giving exclusive breastfeeding until 2 months old. The confounding variables which were measured were age, education level, and total of children.

Data collection was conducted through interview by utilizing questionnaire and making notation the result of implementation intervention of lactation counseling by counselor of breastmilk. Analysis was conducted by comparing proportion of mother who was successful in giving exclusive breastfeeding until 2 months in experiment group and control group.

RESULTS

Frequency distribution of research respondents that was divided by two groups, which were experiment group and control group based on the age, education level, and total of children were described in table 1 below:

Table 1. Distribution of demographic characteristics of respondents

Variable	Measurement result	Lactation counseling				n		p-value
		Yes	%	No	%	∑	%	
Age	< 25 years	5	31.25	2	12.50	7	21.88	0.197
	≥ 25 years	11	68.75	14	87.50	25	78.12	
Education level	Low	1	6.25	4	25.00	5	28.12	0.166
	High	15	93.75	12	75.00	27	84.38	
Total of children	< 3 children	14	87.50	14	87.50	28	87.50	0.700
	≥ 3 children	2	12.50	2	12.50	4	12.50	
Total		16		16		32	100.00	

The result of the research showed that there was no significant difference of age, education level, and total of children between experiment group and control group (p-value > 0.05). Most of respondents in either experiment group or control group were ≥ 25 years old. Besides, most of them also had high education level and most of them had < 3 children.

Result of bivariate analysis showed that respondents who were in experiment group were successful in giving exclusive breastfeeding until 2 months old, meanwhile, most of the respondents who were in control group were not successful in giving exclusive breastfeeding until 2 months old, as what it was described in table 2 below:

Table 2. Intensive lactation counseling and the success of giving exclusive breastfeeding

Variable	Exclusive breastfeeding until 2 Months Old				Proportion		RR	CI 95%	p
	Successful		Unsuccessful		Experiment	Control			
	f	%	f	%	%	%			
Had been given lactation counseling	15	93.75	1	6.25	93.75	31.25	3.000	1.435 – 6.273	0.001
Had not been given lactation counseling	5	31.25	11	68.75					

The analysis result showed that proportion of the group which was successful in giving exclusive breastfeeding until 2 months old in experiment group was higher (93.75%) rather than proportion in control group (31.25%).

Result of Chi Square test was obtained that p value = 0.001 with CI 1.435 – 6.273, which meant that there was a significant influence of intensive lactation counseling against the success of giving exclusive breastfeeding until 2 months old. Group that was given intensive lactation counseling had an opportunity in order to be able to give exclusive breastfeeding until 2 months old 3 times greater rather than the group that was not given intensive lactation counseling.

DISCUSSION

Mother who had intensive lactation counseling would obtain information regarding everything about breastmilk and also could help mother's difficulty in breastfeeding process. This was able to increase mother's motivation to breastfeed continuously to her baby, thus, it could help the success of giving exclusive breastfeeding. The failure of breastfeeding exclusively could be caused by there was no party that could know what became mother's want and what was the problem that was faced by the mother in breastfeeding process. Hence, the mother was less motivated to give exclusive breastfeeding.

Indication of causality correlation between lactation counseling and the success of giving exclusive breastfeeding until 2 months old was seen from association power. A strong association between the possibility of the cause and effect which were arose with relative risk in more than 2 could indicate strong association. Temporal correlation both of them could be seen from intensive lactation counseling that was given before, then, it was measured the success of giving exclusive breastfeeding until 2 months old. Design of quasi experimental study that was used in this research could show clear temporal correlation, which was the cause of preceding effect that was arose.

The measurement that was conducted frequently in more than one point in time and in different places perhaps could strengthen the causality correlation. Several researches which always gave same result from several different population gave stronger proof. The more consistent with other researches, the stronger the belief of causality correlation between lactation counseling and the success of giving exclusive breastfeeding.^(12,13)

Result of this research was in accordance with conducted research by Liliana et.al who stated that there was a significant difference of the ability of breastfeeding and the success of giving exclusive breastfeeding between intervention group and control group after being given lactation counseling.⁽⁹⁾ Conducted research by Ambarwati et.al also stated that intensive lactation counseling that was given in 4 times in prenatal and 5 times in postnatal influenced against the improvement of mother's knowledge, change of mother's attitude and total of mother who gave exclusive breastfeeding until 3 months old.⁽¹⁴⁾

Intensity of counseling could increase mother's understanding regarding breastfeeding. The more intensive communication between mother and counselor, the more often the mother in obtaining information that indirectly improved mother's understanding. Conducted research by Emma et.al stated that frequency of knowledge exposure regarding breastmilk correlated with the success of exclusive breastfeeding practice. One of the knowledge exposure sources was obtained from counseling.⁽¹⁵⁾

Intensive lactation counseling was felt very useful in identifying the problem in breastfeeding process and helping mother in solving the problem. Besides, it could convince mother that only breastmilk was enough for the baby until 6 months old and could motivate the mother for being more confident in giving exclusive breastfeeding.

The limitation in this research was confounding variable that could not be controlled all of them, hence, it could influence the mother to breastfeed exclusively.

CONCLUSION

Research result showed that proportion of the mother who was successful in giving exclusive breastfeeding until 2 months old in group that was conducted intervention of intensive lactation counseling was higher rather than in group that was not given any intervention of lactation counseling.

It was needed continuous support in order to guarantee the success of giving exclusive breastfeeding until 6 months old.

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