

Conference Paper

Knowledge and Practice of Exclusive Breastfeeding among Mothers of Dani Tribe in Sub-District Angkasa, Jayapura

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Abstract

Exclusive breastfeeding for babies are proven to be significant in lowering the morbidity and mortality rates than formula-fed infants. Mothers of Dani tribe work in the field and leave their babies so it is difficult to give exclusive breastfeeding and resulted the babies to get early complementary breastfeeding. The aim of this study was to explore and describe the knowledge of Dani tribe mothers about exclusive breastfeeding in Sub-district Angkasa, Jayapura. This study used descriptive qualitative study with phenomenological approach. A snowball sampling technique was applied to determine the participants. There were three persons participated in this study. Data were collected by in-dept interview and were analyzed using Colaizzi's method. The result identified five themes: Mothers' knowledge about infant nutrition needs, breastfeeding technique by giving the breastfeeding directly before working, barriers and supports in giving breastfeeding, efforts to overcome the barriers, and mothers' hope to give breastfeeding continually. Optimizing the maternity and community nurses role is needed to improve mothers' knowledge about the benefit of exclusive breastfeeding and how to perform it through providing health education. Moreover, it is also important to empower the support system such as community leaders and stakeholders to contribute to the program.

Keywords: Mother, knowledge, practice, exclusive breastfeeding, Dani tribe

1. Introduction

World Health Organization (WHO) recommends that exclusive breastfeeding should be provided comprehensively in 6 months (Hermina, 2013). Study conducted by WHO (2000) in six developing countries found that the mortality risk of babies age 9 – 12 month increased 40% if the babies were not breastfed, when the age of babies under 2 months, the mortality rate increased to 48% (Wenas, 2012). Study in six developing countries found that the main cause of malnutrition and growth disorder in children under five years old is related to lack of breastfeeding. Children's growth and development mostly affected by the breastfeeding, including energy and other nutrition contained in it. (Susanty, 2012).

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Exclusive breast feeding' babies have significant lower of morbidity and mortality rates than formula-fed infants. According to the data, the breastfeeding was given among 0-6 months (45,4%), 2-3 months (38,3%), and 4-5 months (31,0%) and exclusive breastfeeding among babies age 0-6 months in rural is higher than in urban area. (Kemenkes RI, 2010). Risesda (2013) showed that the rate of exclusive breastfeeding was 38% in the target of 2010-2014 strategy and plan. Breast milk is the best food for infants. Breastfeeding is highly needed for health and optimal growth of infants. The exclusive breastfeeding's babies will get the advantages of breastfeeding and the needs of nutrition met maximally. Eventually, they would be healthier and not easily be infected and allergic. An optimal growth could be reflected by the increasing of body weight, height, and head circumference. Moreover, an optimal development could be showed by motoric, psycho-motoric and linguistic abilities (Sulistyoningsih, 2011).

Study about breastfeeding by Aprilia in Harjobinangun, Purworejo; found that mothers mostly did not give the breastfeeding exclusively. There were seven mothers (77,8%) and there were two mothers who gave breastfeeding (22,2%). It is resulted by the low economic factor that caused mothers to give breastfeeding only. The mothers' knowledge about exclusive breastfeeding could affect mothers in giving exclusive breastfeeding. The better mothers' knowledge about breastfeeding, the higher rate of mother will give breastfeeding, and vice versa. It is supported by Setiyowati and Khalmiana (2010), showed that there was relationship between knowledge and breastfeeding. The mothers' perception of breastfeeding exacerbated physical performance is issued. Besides, workload of working mothers affected an in exclusive breastfeeding. Misunderstanding of exclusive breastfeeding could result mothers didn't give breast milk to their children.

The lack of mothers' knowledge about advantages of breastfeeding and working mother became the main factors caused young mothers prefer formula than breast milk. Furthermore, many promotions of formula and habit of giving early complementary food became the trigger factors of unsuccessful exclusive breastfeeding. The higher mothers' level of education helped them to analyze the advantages of breastfeeding. (Wenas, 2010).

In 2012, Dinas Kesehatan Provinsi Papua (Health Department of Papua) reported that among 47.939 infants, there were 11.049 infants (23%) who breastfed exclusively. In 2013, among 50.457 infants, there were 22.184 infants (55%) who got exclusive breastfeeding. It showed that the rate of breastfeeding increased in 2013. Nevertheless, this rate had not reached the target which was 80%.

Data of Dinas Kesehatan Kota Jayapura (Health Department of Jayapura) showed that in 2012, breastfed infants were 1.040 (22,2%) among 4.680 infants. In 2013, among 3.372 infants, there were 408 (10,8%) who got exclusive breastfeeding. It described that the rate of breastfeeding decreased and the rate of unsuccessful exclusive breastfeeding. (Data Sekunder Profil Dinkes Kota Jayapura, 2014).

Sub-district Angkasa is located in Jayapura City. There are many kinds of tribe lived there. However, some areas are placed by Dani Tribe, who came from Wamena. The unique of Dani tribe mother, most of the mothers has given complementary food since the babies just only one month-old. Result of an observation among 10 mothers who

had babies found that there were six mothers who did not give breastfeeding to their children. The reason was because they were working in the farm, so instead of breast milk, they gave plain water, tea, banana, and sweet potato if the children felt hungry or thirsty.

The aim of this study was to explore and describe the knowledge of Dani tribe mothers about exclusive breastfeeding in Sub-district Angkasa, Jayapura.

2. Methods

This study used descriptive qualitative study with phenomenological approach which purposed to conclude an objective description of mothers' knowledge about breastfeeding. This study conducted in Sub-district Angkasa, North Jayapura from May until June 2015. The population of this study was mothers of Dani Tribe who lived in Sub-district Angkasa. A snowball sampling technique was applied to determine the participants. There were three persons participated in this study. Data were collected by in-depth interview by using interview guidance and were analyzed using Colaizzi's method.

3. Results

The participant characteristics were: the first participant (P1) was a 27 years old, had two children, one of them was five months old. The second participant (P2) was a 30 year-old-mother who worked, had one child of 3 months old. The third participant (P3) was 37 years old mother who had four children and an 2 months old infant. All of the participants did not pass the elementary school and worked as farmer.

There were three mothers that had participated in this study. This research found 5 following themes:

3.1. Mothers' Knowledge about Infants Basic Needs

There were 3 participants who had knowledge about infants basic needs. Among 3 persons, participants mentioned that infants basic needs were sweet potato, breast milk and banana.

"...diberikan Ilak (Asi) selain itu di berikan juga haki (pisang) dan hipere (ubi/petatas) karena tidak cukup hanya asi saja"... (P1)

"Banana and sweet potato were given due to lack of breast milk."

"...Bayi baru lahir harus di berikan ilak (ASI) tapi begitu anak saya lahir tidak di berikan ilak (ASI),... (P2)

"Infant should be given breastfeeding, but I didn't give it."

"...anak saya yang ke lima begitu lahir saya berikan ilak (ASI) selain itu saya berikan juga haki (Pisang), hepere (petatas/ubi) dan susu formula/susu kaleng sebagai makanan tambahan .." (P3)

"I gave breast milk to my 5th child, besides, I also give banana, sweet potato and formula."

The results of interview showed that participants thought that the needs of infant were not only breast milk but also banana and sweet potato. It described that mothers had less knowledge about breastfeeding. Mothers thought that providing breastfeeding only was not enough to meet the babies' needs of nutrition.

There were two participants said that the basic needs of infants was formula.

"... tapi begitu anak saya lahir tidak di berikan ilak (ASI). Karena puting susu saya tidak menonjol sehingga diganti dengan susu kaleng (susu formula)"... (P2)

"When my child was born, I didn't give breastfeeding. It resulted from the flat nipples so that I gave her formula milk."

"...susu formula/susu kaleng sebagai makanan tambahan karena produksi ilak (ASI) kurang dari kebutuhan anak saya"... (P3)

"Formula as complementary food because the lack of breast milk production. It was less of my baby's nutrition needs."

The result of the study showed that the nutrition needs of infants could be met by providing breast milk and complementary breastfeeding foods. The reasons were production of breast milk was not enough to meet infants' need. Moreover, mothers gave formula because of the flat nipples.

3.2. Breastfeeding Technique

There were three mothers who had knowledge about breastfeeding technique. Two mothers told that they have given the breastfeeding directly.

"...Sebelum saya ke kebun luangkan waktu untuk menyusui secara langsung pada anak dan di taruh di dahi dan kelapak tangan supaya tidak menangis susu"... (P1)

"Before I went work, I spent my special time to give breastfeeding directly and put the milk on her forehead and palms so that she didn't cry."

"Berikan susu formula secara langsung jika anak minta"... (P2)

"I gave the formula to my child if he asked."

"Sebelum saya meninggalkan anak saya ke kebun saya luangkan waktu untuk ilak nan (menyusui) secara langsung"... (P3)

I took time to give breastfeeding directly to my baby before going to the farm".

According to the interview results, mothers told that before working they gave breastfeeding (P1, P3), however, it was different to the first participant (P1), After giving breastfeeding, She put breast milk on her baby's forehead and palms in order to prevent baby to cry, when she/he was not around for working. This reflected The Dani's cultural and belief. The third participant (P3) gave formula to her baby.

3.3. Barrier of Breastfeeding

"Ibu pergi bekerja"... (P1, P3)

"I went to the farm."

In the other hand, mothers did not give exclusive breastfeeding because the following reason:

"Putting tidak menonjol, ASI tidak keluar, ASI kurang"... (P2)

"Nipples were flat, the breast didn't produce much milk."

Any barrier that the third participant felt was there had been lack of husband's support, it's stated as following:

"Suami mabuk, suka memukul dan suami tidak pernah pulang"... (P3)

"My husband is drunker. He always beating me and never go home."

The other participants had some support in giving breastfeeding.

"Saya minta bantuan kakak mengawasi adik ".... (P1)

"I had my baby taken care by my other child".

"saya suruh kakak mengawasi adik ".... (P2)

I asked my oldest child to keep her sister."

"saya sendiri yang jaga bayi ".... (P3)

"I take care my baby by myself."

It showed that mothers faced some barrier and support in providing breastfeeding to their babies.

3.4. Mothers' Effort to Meet the Babies Nutrition by Giving Complementary Breastfeeding Food

All of mother gave complementary breastfeeding food as following statements.

"Memberikan petatas, pisang".... (P1)

"Giving some sweet potatoes and banana"

"memberikan petatas, pisang, dan susu formula ".... (P2)

"Giving sweet potatoes, banana, and formula."

"memberikan petatas, susu formula dan pisang ".... (P3).

"Giving sweet potatoes, formula and banana"

The interview result showed that mothers' solution to fulfill infants' need of nutrition was by giving sweet potatoes, banana, and formula.

3.5. Mother's Hoperelated to Breastfeeding

There were three mothers expressed that they would like to keep giving breastfeeding to their children. It goes as these following statements:

"Saya sebagai ibu mempunyai harapan untuk menyusui, Namun dengan sibuk bekerja di kebun anak saya tidak sempat untuk menyusui"... (P1)

"As a mother, I hope to be able to give breastfeeding. But, Because of working as a farmer, I didn't have adequate time to give breastfeeding".

"Perasaan saya sangat senang saat ilak nan (menyusui), karena tidak semua ibu-ibu bisa atau dapat menyusui (ilak nan)."... (P2)

"I was so happy when I was giving my baby an exclusive breastfeeding while any mothers couldn't."

"Saya mempunyai harapan untuk menyusui untuk ilak nan (menyusui).

Namun sibuk bekerja di kebun tidak sempat untuk ilak nan (menyusui)"... (P3)

"I wish I had given breastfeeding to my child. Due to working in a farm, I couldn't."

4. Discussion

Based on interviews, it found that all the participants have given complementary foods. this suggests that the mother felt her milk was not enough for the baby so it required additional meal. Breast milk is an emulsion of fat in the solution of protein, lactose, and organic salts secreted by the mammary glands and the best food for babies. Exclusive breastfeeding is given from the age of 0 days to 6 months (Bahiyatun, 2009).

The result of Italaka (2014) study the district of Nabire, revealed that there was a socio-cultural influences in exclusive breastfeeding. For example, after giving birth they gave coconut water using a spoon and honey treatment using cotton that not hygiene and also gave banana. The results are consistent with Yulianah (2013), many unreasonable belief that makes mothers do not do exclusive breastfeeding for 6 months. The reason for mother did not give exclusive breastfeeding include the fear that the milk produce is not enough or the quality is not good, late start of breastfeeding and disposal of colostrum, wrong technique of breastfeeding, and wrong perception about if the baby were crying when they have enough breast milk, it mean that they still hungry so they need more additional food. Handoko (2010) also said that breastfeeding mothers who have high activity are likely to ignore breastfeed their babies and also have tendency to provide additional/complimentary food earlier.

Breast milk is the best food for babies who can not be replaced by anything. Additional or complimentary food before 6 months old may be at risk of causing indigestion and allergic reactions in infants. Cultural influences and wrong beliefs about breastfeeding mothers become a barrier in exclusive breastfeeding. Breast milk contains all the nutrients that a baby need so they not need the additional food until 6 months. Baby's digestive organs can only digest breast milk properly. Feeding Additional food before the age of 6 months led to infant difficulty in digesting food so can interfere with the baby's digestive system.

Dani tribe's mothers give their milk directly to the baby, so they feed the baby before go to work in the farm. Besides, there is a mother who dripping breast milk on the forehead and hands the baby so the baby calm when she left. working mothers have to leave the baby all day so this is a reason to replace breast milk with formula. In the

fact, a working mother can still provide exclusive breastfeeding with adequate and correct knowledge of the mother, breast milk making equipment, and support from the family and the workplace (Damaiyanti and Sundawati, 2011).

These results indicate that there was a lack of support from husband, such as to get drunk and beat and never go home so mom took care of his own family. The mother is also getting support from her eldest child that keeps the child in fulfilling nutritional for the youngest child. Family support greatly influence mothers to give exclusive breastfeeding. Mother needs support from family especially husband, the environment community, health workers and health-care facilities.

Expectations of mothers in breastfeeding, the participants mostly acknowledged that they want to give their children exclusively breastfeeding. However, the barriers and lack of support from husbands cause mothers do not breastfeed exclusively.

5. Conclusions

Dani tribe's Breastfeeding mother have an understanding that newborn needs food other than breastmilk, so they give banana, sweet potatoes and formula. They provide the additional or complimentary food because they leave the baby to work in farm fields. Dani tribe's mothers needs support especially from her husband to be able to give an exclusive breastfeeding for the baby.

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