The Knowledge Of Mothers At The Beginning Of Breastfeeding Of Newborns In A Maternity Room Gleno Health Center In The Municipality Of Ermera Timor-Leste, 2024.

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Abstract

Introduction: *Breastfeeding is an invincible way of providing optimal food for the healthy development of infants and has unique biological and psychological effects on maternal health and infants' health in general. Global Health Perspective (2023) generally, the prevalence of early-initiation breastfeeding is around 43%. While the prevalence in European countries is 44%, it ranges from 35.7% to 88.2% among African countries, 39.8 to 43% in Asia. According to the World Health Organization (WHO, 2021), in six developing countries with the risk of infant mortality between the ages of 6-12 months increased by 42% if the baby was not breastfed according to the criteria of healthy.*

Research Objectives: *About the degree of knowledge of mothers at the beginning of breastfeeding it is clear that to the newborn in the maternity room at Gleno Inpatient Health Center of the Municipality of Ermera Timor-Leste.*

Research Methodology: *This research uses the descriptive quantitative methodology, and with the Probabilistic Sampling technique with accidental type that defines 68 Sampling. We used the SPSS (Statistical Package for the Social Sciences) version 23 computer program to analyze the data with the questionnaire and analysis.*

Outcome of Discussion: *Based on the result on the degree of knowledge of mothers about the initiation of breastfeeding to newborns, focus on the level of knowing with the sufficient category with percentage 58.4%, understanding with sufficient category percentage 5.8%, in the application in good layer 56.4%, thus, indicates in the research result.*

Conclusion: *In the degree of knowledge of mothers about the beginning of breastfeeding, what to know in the group of sufficient (58.4%), understand with sufficient layer (5.7%) and application with good category 56.5%, according to the result of the research in the field of research cited by (Tilman CB., 2024).*

Keyword: Breastfeeding, Newborn and Maternity.

Introduction

Globally, about 2.7 million newborns die every year, most of them in the first 7 days after birth, with about 1.02 million dying on the first day of delivery and 1 million dying in the following 6 days, two-thirds of neonatal mortality occurs in Southeast Asia and Sub-Saharan Africa (WHO, 2021). According to the World Health Organization (WHO, 2020), in six developing countries with the risk of infant mortality between the ages of 6-12 months increased by 41% if the baby was not breastfed well. For babies under 3 months of age, this mortality rate increases to 49%, about 42% of deaths in children under 5 years of age that occur in the first month of the baby's life. *Global Health Perspective* (2021) generally, the prevalence of early-start breastfeeding is around 43%. While the prevalence in European countries is 44%, it ranges from 35.7% to 88.2% among African countries, 38.8 to 43% in Asia, and 55.45 in India and Bangladesh cited by (Tilman CB, 2024).

The global average neonatal mortality rate is 18 deaths per 1000 live births, the highest neonatal mortality rate in Myanmar is 23.4 per 1000 live births, India is 22.8 per 1000 live births, and Indonesia ranks 8th in the neonatal mortality rate in Asia, which is 13.4 per 1000 live births (UNICEF, 2022). According to UNICEF data in 2018, the prevalence of early breastfeeding initiation processing time in Southeast Asian countries, such as Myanmar 77%, Thailand 52%, and the Philippines 56%. Indonesia's mortality rate in 2022 is 29,158% of babies, with 74% of deaths occurring in newborns who did not start breastfeeding (Ministry of Health, 2023). Based on the Demographic Health of Timor-Leste (2015-2016), maternal mortality rate 557 per 1000,000 of births. Thus, the infant mortality rate is 45% neonatal or 23 mortalities per 1000. Mortality rate age less than 5 years is 65 died of newborns (MdS Report, 2019; cited by Tilman CB., 2024).

On July 15, 2021, the Ministry of Health states that the percentage of women who breastfed their baby during an early month was 64%, while in 2016 it is less than 48% (Ministry of Health, 2022). Mortality rates increase because the barriers to early initiation include ease practices that lead to separation of mother and baby in the first hours after birth, fatigue after prolonged delivery, cesarean section, and cultural norms that lead mothers to discard colostrum and give other foods, traditional fluids, and also menus Mothers' knowledge about breastfeeding initiation, but encourage that this is an error of application, which is not true (Ministry of Health, 2021; cited by Tilman CB., 2024). Mothers' lack of knowledge about breast milk can be influenced by the lack of information disseminated. One of the best sources of credible information is the health professionals is considered credible and responsibility cited by (Nazária, 2019; Tilman CB., 2024). Preliminary data at the Gleno Ermera Inpatient Health Center (2024) the mothers who gave birth at the beginning of January are 374 people and in February there are 212 people, who are registered in the monthly registration book.

Research Objectives.

General Objective

Who can know about "the degree of knowledge of mothers about the beginning of breastfeeding is given to newborns in the maternity unit at the Gleno Ermera Inpatient Health Center.

Specific Objectives:

- Identify from the mothers' knowledge about the beginning of breastfeeding is given to the new-

born.

- Well identify the understanding and application of mothers about at the beginning of breastfeeding is given to newborns.

Theoretical Framework

Knowledge is a result of curiosity through sensory processing, especially in the eyes and ears for certain objects. Thus, knowledge is an important domain in the formation of open behavior in all responsible people cited by (Donus, 2019; Tilman CB., 2024). After clear idea about knowledge is the result of learning and this is what occurs after someone has a notion in the sense of an object. Perception occurs through the human senses, i.e., the senses of hearing, sight, smell, and touch. Breastfeeding is an ideal way to provide food for the healthy growth and development of babies and can have biological and behavioral effects on maternal and infant health. Breastfeeding is an unbeatable way to provide optimal food for healthy growth in the healthy development of infants and has unique biological and psychological effects on the maternal and infant health of each mother and infant in the growth progress cited by (Sari et al., 2014; Tilman CB., 2024).

While breast milk is the main food needed by babies, no other food can match the nutritional content of breast milk has an important value. Breast milk contains proteins, fats, sugar, calcium and also contains substances called antibodies usually protect the baby from diseases during breastfeeding mothers and sometime in the future (Ramadani, 2019). Breast milk is easily digested by babies because it is in breast milk there is an enzyme lipase that helps the digestion of fat and this enzyme is not found in infant formulas or animal milk. According to Pirating (2018). The benefits of breast-feeding for babies are important in the breastfeeding process:

Strengthen the immune system; prevent obesity; to develop the nervous system; reduce the risk of attention deficit; protect against the effects of pollution and prevent anemia from happening. In Yuliani (2018), breast milk is divided into three types based on the right time in milk production are:

a. Colostrum, is the milk that comes out on the first day after delivery, is usually thick and yellowish in texture, useful for providing protection to babies against infection and has a laxative effect that can help babies expel their stool.

b. Milk transition period is breast milk that is produced after colostrum, usually out for about two weeks. Milk transitions usually contain more calories than colostrum.

c. Mature milk, left during the third week through the fifth week usually extend to be whiter in color, coarse in texture and contains the fat needed to increase the baby's weight.

The Components Contained in Breast Milk Are:

Fat

Maternal fat is the main source of calories in breast milk. Fat level in breast milk ranges from 3.5- 4%, high fat levels are 5% to supports rapid brain development during infancy. Fatty in breast milk contains essential fatty components, namely linoleic acid and alda linoleic acid which will be processed by the baby's body into AA and DHA. Arachidonic acid (AA) and docosahexaenoic acid (DHA) are unsaturated fat acids that serve as an energy source, but also a lot of development for important cells that can improve mental function, vision and psychomotor development of babies that is very fundamental for newborn babies (Enatic et al, 2019; cited by Tilman CB., 2024).

Carbohydrate

In carbohydrates there is lactose, which is the main component of breast milk. Lactose meets 40-45% of the baby's energy needs, 100 ml of breast milk contains 7 grams of lactose. Types of carbohydrates in breast milk is an oligosaccharide that has an important function in protecting infants from infection. The lack of lactose produced by breast milk can cause the risk of babies with diarrhea that always occurs in children (Oulanyah et al., 2019; cited by Tilman CB., 2024).

Protein

The protein content in breast milk is 0.9 grams/100 ml. Breast milk also contains amino acids suitable for the baby's needs. In breast milk it consists of casein (a protein that is difficult to digest) and whey (a protein that is easy to manage). There are also two amino acids in breast milk that are not present in cow's milk it is cystine which works for somatic growth and taurine which works for the growth of each person's brain in progress and sustainable development in children (Djalma, 2018; cited by Tilman CB., 2024).

Water

Breast milk is more than 80% water and contains all the water the newborn baby needs. The viscosity of breast milk according to the baby's digestive tract, while formula milk is thicker than breast milk. This matters that can cause diarrhea in babies fed with adequate formula (Wijaya, 2019; cited by Tilman CB., 2024).

Vitamin

In general, breast milk contains several vitamins, such as vitamin K, E, and D, but vitamin D levels are low enough that babies also require sun exposure. Vitamin K is needed as a nutrient that functions as a clotting factor. A baby who only has breast milk is at risk of bleeding, although the incidence is small. Therefore, newborns need to receive an injection of vitamin K according to the health need that exists (Wijaya, 2019; cited by Tilman CB., 2024).

Mineral

Minerals in breast milk are of better quality and easier to absorb than minerals in cow's milk. The main minerals in breast milk is calcium, which has a function for the growth of muscle and skeletal tissue, transmission of nervous tissue, and blood clotting that exists in the human body (Wijaya, 2019; cited by Tilman CB., 2024).

Research Methodology

We used the quantitative methodology with decretive cross-sectional study and probability *sampling technique*, with incidental sampling approximation. with a sample is 68 respondents. We used and collect with the questionnaire, the data analysis technique is unit variable analysis to describe the characteristics of each research variable (gender, age, marital status, level of education). Generally, the objective of univariate analysis is to obtain the result of distribution, frequency and percentage of each variable. The duration of this study is two months from starting on April 10 until June 21, 2023, Inclusive criteria are: Postpartum mothers; mothers who ready to be responders and mothers who know how to read and write. In this study, data entry is conducted using the SPSS (*Statistical Package for the Social Sciences*) computer program in 23 version.

Result of Discussion.

Table 1. Frequency distribution of the subject characteristic based on the age of mothers who postpar-

tum in the maternity ward.

Ages	Frequency (n)	(%)
19-23	15	22.1
24-27	16	23.5
28-31	17	25
32-35	12	17.6
36-39	8	11.8
Total	68	100

In the interpretation of the data, it shows that the majority in the age of 28-31 gave a higher value 17 (25%) and the lowest in the age 36-39 years, on the basis of the research study, 2024.

Table 2. Frequency distribution based on the level of education of postpartum mothers

Education Level	Frequencies (n)	(%)
Primary	2	2.9
Pre-Secondary	7	10.3
Secondary	38	55.9
University	21	30.9
Total	68	100

According to data analyzed and interpreted, it was mostly shown to be the education level of mothers from secondary school 38 (55.9%) and lower in primary 2 (2.9%), in the survey carried out in 2024.

Table 3. Distribution Frequency based on the profession of postpartum mothers.

Profession	Frequencies (n)	(%)
Housewife	37	54.4
Merchant	16	23.5
Civil servant	15	22.1
Total	68	100

Based on table 1 above, indicate that the age groups of the majority respondents are age 28-31 years are 17 respondents with percentage 25%, age 24-27 years are 16 respondents with percentage 23.5%, age 19-23 years are 15 respondents with percentage 22.1%, age 32-35 are 12 respondents with percent-

age 17.6 and minority age 36-39 years with frequency 8 with their percentage 11.8%. Based on table 4.2, majority respondents with the education level is secondary are 38 people with their percentage 55.9% and minority with education level is pre-secondary are 7 respondents with 10.3% percentage and primary are two people with their percentage 2.9%. Based on table 3 above, about profession, majority are housewives, there are 37 respondents with their percentage, 54.4%, and minority and businessmen are 16, respondents with 23.5% and civil servants are 16 people with their percentage, 23.5%.

Table 4. Frequency distribution based on the level of knowledge (Know, Understand, Application) of mothers about the initiation of breastfeeding is given to newborns.

Knowledge Level (Saber)	Frequencies (n)	(%)
Menus	6	8.8
Enough	39	57.4
Good	23	33.8
Total	68	100

Knowledge Level (Understand)	Frequencies (n)	(%)
Menus	10	14.7
Enough	35	51.5
Good	23	33.8
Total	68	100

Knowledge Level (Application)	Frequencies (n)	(%)
Menus	8	11.8
Enough	38	55.9
Good	22	32.4
Total	68	100

Based on Table 4. Above on the know majority is enough are 39 respondents with 57.4% percentage compared to the Less is Good rating are 23 respondents (33.8%) and 6 respondents (8.8%). Table in the above about understanding the majority of mothers is enough are 35 respondents with 51.5%

percentage compared to the good rating are 23 respondents with 33.8% percentage and menus are 10 respondents with 14.7% percentage. Table in the above application of the majority mothers is sufficient are 38 people their percentage 55.9%, comparison to good classification are 22 respondents with percentage 32.4% and menus are 8 respondents with percentage 11.8%, from the study carried out, 2024.

Table 5 Frequency distribution on the level of knowledge of mothers about the beginning of breastfeeding is given to newborns.

Knowledge Level	Frequencies (n)	(%)
Menus	11	16.2
Enough	36	52.9
Good	21	30.9
Total	68	100

Based on table 5 in the above on application of the mother's majority is sufficient are 36 respondents with percentage 52.9%, comparison to good classification are 21 respondents with percentage 30.9% and less are 11 respondents with percentage 16.2%, of the research study, 2024.

Discussion.

Based on current study result and past research result is equal because menus of education level, information and experience. When the level of education is high, knowledge increases, but the level of education menus can also hinder the development of the human attitude meets the human value of the individual. Information obtained in both formal and non-formal education can provide short-term knowledge, that is, a person who has many sources of information has good knowledge. Sources of information other than formal education and non-formal education were also obtained from the mass average. The humans who obtain information have many experiences at the level of knowledge. This result above indicates that the level of knowledge (knowledge) of the mothers is in the sufficient category because most of the mothers do not know about the initiation of breastfeeding to newborns.

Analyzes the level of knowledge in general in this survey are 68 respondents by the mothers who post-partum in Comoro Health Center, indicate that the level of knowledge of mothers in general about the beginning of breastfeeding majority with sufficient category are 36 respondents with percentage 52.9%, Good are 21 respondents with percentage 30.9% and menus are 11 respondents with percentage 16.2%. In the data, indicate above that the frequency of the knowledge level is sufficient: there are 36 respondents with a percentage of 52.9%. By researcher Talitha Amerada (2020) on *"Hubungan pengetahuan ibu tentang initials menyusui dini ASI exclusive di Puskesmas Cempaka* indicate that the majority with sufficient category are 57 respondents with a percentage (72.67%). According to current research and past research result your result is equal because most respondent has general knowledge is sufficient about breastfeeding initiation, this result be from respondent in the applied questionnaire cited by (Tilman CB., 2024).

Conclusion.

- Mothers' level of knowledge about the beginning of breastfeeding is given to newborns, most of them with sufficient categorical content to indicate in table 4 with the result frequency 39 people with a percentage of 57.4%.
- Mothers' level of knowledge (understanding) about the beginning of breastfeeding is given to the newborns, most of them with sufficient categorical indication, in graph 4.5, with the result frequency 35 people, with a percentage of

5.5%.

- Mothers' level of knowledge (application) about the beginning of breastfeeding is given to newborns, most of them with enough categorical content to indicate in graph 4.6 with a result of frequencies 38 people with a percentage of 32.4%.

- Mothers' level of knowledge about the initiation of breastfeeding is given to newborns with the result of the majority of respondents is sufficient with knowledge about giving the initiation of breastfeeding to newborns. Certainly, recommends to the health personnel to improve the information/promotion of health about the negative impact while the mothers do not apply well and do not start breastfeeding the newborns, to reduce the cause of morbidity and mortality of the newborns in the Gleno Inpatient Health Center of the Municipality of Ermera Timor-Leste, to be born with a healthy condition and long of all diseases faced cited by (Tilman CB., 2024).

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