

THE LEVEL OF KNOWLEDGE OF MOTHERS ABOUT THE BEGINNING OF BREAST-FEEDING TO NEWBORNS IN UNIT MATERNITY AT COMORO HEALTH CENTER THE MUNICIPALITY OF DILI, 2023.

Dra. Lídia Gomes, José dos Reis Magno, Carlos Boavida Tilman, Filiste F. do Rosário, Acácio de Jesus, Rafael dos Santos Ximenes.

*Correspondence: Lídia Gomes

Received: 15 Sep 2023; Accepted: 18 Aug 2023; Published: 25 Sep 2023

Citation: Lídia Gomes. THE LEVEL OF KNOWLEDGE OF MOTHERS ABOUT THE BEGINNING OF BREASTFEEDING TO NEWBORNS IN UNIT MATERNITY AT COMORO HEALTH CENTER THE MUNICIPALITY OF DILI, 2023. AJMCRR. 2023; 2(9): 1-9.

Abstract

Introduction: Breastfeeding is an unbeatable way to give optimal food for the healthy development growth of babies and have unique biological and psychological effects on maternal and infant health. *Global Health* (2020), the prevalence of early initiation breastfeeding is about 42%. While the prevalence in European countries is 43%, it ranges from 34.7% to 87.2% among African countries, 38.7 to 42% in Asia. According to the World Health Organization (WHO, 2018), in six developing countries the risk of infant mortality between the ages of 9-12 months increased by 40% if the baby was not breastfed.

Objective: To know about the level of knowledge of mothers about the initiation of breastfeeding is given to newborns in the maternity section in health center Comoro Dili.

Methodology: This research uses descriptive quantitative method, and with Probability *Sampling* technique with accidental type defines 68 Sampling. We used to collect with the questionnaire and analyze by means of the computer program SPSS (*Statistical Package for the Social Sciences*).

Result: basis to the result on the level of knowledge of mothers about the initiation of breastfeeding to newborns focus at the level of knowledge with sufficient category with percentage 57.4%, understanding with sufficient category percentage 5.5%, application with cloved good 55.9%, thus, indicates in the research result.

Conclusion: the level of knowledge of mothers about the beginning of breastfeeding as knowing with sufficient group (57.4%), understanding with sufficient layer (5.5%) and application with good category 55.9 %, according to the result of the research in Comoro health center under Health Services of Municipality Dili cited by (Gomes L. & Tilman CB., 2023).

Keyword: Breastfeeding, Newborn and Maternity.

INTRODUCTION

Globally, about 2.6 million newborns die every year, most of whom die in the first 7 days after birth, with about 1 million dying on the first day and close to 1 million dying in the following 6 days, two-thirds of neonatal mortality occurs in Southeast Asia and Sub-Saharan Africa (WHO, 2018). According to World Health Organization (WHO, 2018), in six developing countries with the risk of infant mortality between the ages of 9-12 months increased by 40% if the baby was not breastfed. For babies under 2 months of age, this mortality rate increases to 48%, about 40% of deaths of children under 5 years of age occur in the first month of the baby's life. *Global Health* (2020), the prevalence of early initiation breastfeeding is about 42%. While the prevalence in European countries is 43%, it ranges from 34.7% to 87.2% among African countries, 38.7 to 42% in Asia and 54.45% in Bangladesh cited by (Gomes L. & Tilman CB., 2023).

The global average neonatal mortality rate is 17 deaths per 1000 live births, the highest neonatal mortality rate data in Myanmar is 22.4 per 1000 live births, India is 21.7 per 1000 live births and Indonesia ranks 7th in the neonatal mortality rate in Asia which is 12.4 per 1000 live births (UNICEF, 2019). According to UNICEF data in 2013, the prevalence value of early initiation breastfeeding processing

time in Southeast Asian countries such as Myanmar 76%, Thailand 50% and the Philippines 54%. Indonesia's mortality rate of 2022 is 28,158% babies, with 72% of deaths occurring in newborns who did not initiate breastfeeding (Ministry of Health, 2022). Based on Timor-Leste's Demographic Health (2015-2016), maternal mortality rate 557 per 1000,000 deliveries. Infant mortality rate 44% neonatal or 22 mortalities per 1000. Mortality rate age 5 years is 64 died of newborns (MS Report, 2017; cited by Gomes L. & Tilman CB., 2023).

On June 11, 2019, the Ministry of Health, states that the percentage of women who breastfed the baby during an early month of 62%, while in the year 2015 is menus of 50% (Ministry of Health, 2021). The mortality rate increases 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 men- us mothers' knowledge about the initiation of breastfeeding (Ministry of Health, 2018). Mothers' lack of knowledge about breast milk may be influenced by a lack of information. One of the best sources of information is health professionals is considered credible cited by (Nariah, 2016; Tilman CB., 2020). Preliminary data in the Comoro Health Center (2023)

the mothers who gave birth at the beginning of the month January are 378 people and in the month of February are 210 people, who are registered in the monthly registration book.

Research Objectives.

General Objective

To know about "the level of knowledge of mothers about the initiation of breastfeeding is given to newborns in the maternity unit in Comoro Health Center Dili.

Specific Objectives:

- To identify the mothers' knowledge about the initiation of breastfeeding is given to the newborns.
- To identify the understanding and application of mothers on the initiation of breastfeeding is given to newborns.

THEORETICAL FRAMEWORK

Knowledge is the result of curiosity through sensory processing, especially in the eyes and ears for certain objects. Knowledge is an important domain in the formation of open behavior in all people cited by (Domus, 2017; Gomes L. & Tilman CB., 2023). Knowledge is the result of knowing and this occurs after someone has felt an object. Perception occurs through the human senses, that is, the senses of hearing, sight, smell and touch. Breastfeeding is an ideal way to feed 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 give optimal nourishment for the healthy development growth of babies and has unique biological and psychological effects on maternal and infant health of each mother and baby the

good conditions cited by (Sari et al., 2014; Gomes L. & Tilman CB., 2023).

Breast milk is the main food needed for babies; no other food can match the nutritional content of breast milk. 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, 2017). Breast milk is easily digested by babies because it is in breast milk there is a lipase enzyme that helps the digestion of fat and this enzyme not found in infant formula or animal milk. According to Pirating (2014). The benefits of breastfeeding for babies are:

Strengthen the immune system; prevent obesity; develop the nervous system; decrease risk for attention deficit; protect against the effects of pollution and prevent anemias. In Yuliana (2018), breast milk is divided into three types based on the time production

are:

- a. Colostrum, which is the milk that comes out on the first day after giving birth, is usually thick, yellowish in texture, useful for providing protection to babies from infections and has a laxative effect that can help babies expel their stool.
- b. Transitional period milk 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, comes out during the third week until the fifth week usually tend to be whiter in color, thicker 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 levels of fat are 5% to support rapid brain development during childhood. Fatty in breast milk contains essential components of fats, namely linoleic acid and alpa linoleic acid which will be processed by the baby's body into AA and DHA. Arachidonic acid (AA) and very much docosahexaenoic acid (DHA) are unsaturated fat acids that serve as a source of energy, but also a lot of development for important cells that can improve mental fund, vision and psychomotor development of babies that are very fundamental to babies (Entranced et al, 2019; cited by Gomes L. & Tilman CB., 2023).

Carbohydrate

In carbohydrates there is lactose which is the main component 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 of protecting infants from infection. The lack of lactose produced by breast milk can cause the risk of babies with diarrhea and recuperation of health (Oulanyah et al., 2016; cited by Gomes L. & Tilman CB., 2023).

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 consists of casein (a protein that is difficult to digest) and whey (a protein that is easy to manage). There are also two ami-

no acids in breast milk that are not present in cow's milk is cystine that works for somatic growth and taurine that works for the growth of each person's brain (Dalman, 2018; cited by Gomes L. & Tilman CB., 2023).

Water

Breast milk is more than 80% water and contains all the necessary newborn baby water. The viscosity of breast milk according to the baby's digestive tract, while formula milk is thicker than breast milk. This matters that it can cause diarrhea in formula-fed babies (Wijaya, 2019; cited by Gomes L. & Tilman CB., 2022).

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. Baby who only breast milk occurs the risk of bleeding, although the incidence is small. Therefore, newborns need to receive an injection of vitamin K according to the need that exists (Wijaya, 2019; cited by Gomes L. & Tilman CB., 2022).

Mineral

The minerals in breast milk are of better quality and easier to absorb than the minerals in cow's milk. The main minerals in breast milk are calcium which has a function for the growth of muscle and skeletal tissue, transmission of nerve tissue and blood clotting that exists in the human body (Wijaya, 2019; cited by Gomes L. & Tilman CB., 2022).

majority is housewife are 37 respondents with their percentage 54.4% and minority and traders are 16 respondents with percentage 23.5% and civil servant are 16 people with their percentage 23.5%, according in the interpretations research, 2023.

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	Frequencies (n)	(%)
Menus	6	8.8
Enough	39	57.4
Boa	23	33.8
Total	68	100

Knowledge Level (Understanding)	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 classification Meno sis good 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 percentage 33.8% and menus are 10 respondents with percentage 14.7%. Table in the above application of mother's majority is enough are 38 people their percentage 55.9%, comparison to

good rating are 22 respondents with percentage 32.4% and menus are 8 respondents with percentage 11.8%, from the study conducted, 2023.

Table 5 Frequency distribution on the level of knowledge of mothers about the initiation 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 mothers' majority is sufficient are 36 respondents with percentage 52.9%, comparison to good classification are 21 respondents with percentage 30.9% and menus are 11 respondents with percentage 16.2%, from the research study, 2023.

Based on current study result and past research result is equal because its menus level of education, information and experience. When the level of education is high, knowledge increases, but the level of education can also impede the development of the human encounters 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 well knowledge. Sources of information in addition to formal education and non-formal education also obtained from the mass average. Humans who obtain information have many experiences at the knowledge level. This result above states that the level of knowledge (knowledge) of the mothers is sufficient on the part of the category because most of the mother does not know about initiation of breastfeeding to newborns.

RESEARCH METHODOLOGY

It uses quantitative method with descriptive *cross-sectional* approximation and probability sampling technique (Probability Sampling), with approximation of incidental sampling (*incidental sampling*). with sample is 68 respondents. We used and collected with the questionnaire, the data analysis technique is univariable analysis to describe the characteristics of each research variable (gender, age, this civilian, level of education). Usually objective of univariate analysis to obtain results of distribution, frequency and percentage of each variable. The duration of this study makes two weeks starting on April 10 until July 21, 2023, Inclusive criteria are: Postpartum mothers; mothers who ready to be respondents and mothers who know how to read and write. In this study, it conducts data entry using the computer program SPSS (*Statistical Package for the Social Sciences*).

RESULTS OF DISCUSSION

Table 1. Frequency distribution of the subject characteristic based on the age of the mothers who postpartum 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	69	100

In the interpretation of the data, it shows that the majority at the age of 28-31 years gave a higher value 17 (25%) and the lowest at the age 36-39 years, on the basis of the table 1 research study, 2023.

Table 2. Distribution of attendance 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 the data analyzed and interpreted in table 2, it was shown in the majority education level of mothers of secondary 38 (55.9%) and lower in primary 2 (2.9%), in the survey conducted in 2023.

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

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

Based on table 1 in the above indicate that the groups of the majority respondent ages are age 28-31 years are 17 respondents with 25% percentage, age 24-27 years are 16 respondents with 23.5% percentage, age 19-23 years are 15 respondents with 22.1% percentage, age 32-35 are 12 respondents with 17.6 percentage and minority age 36-39 years with frequency 8 with their percentage 11.8%. Based on the table 3. respondent's majority with the level of education is secondary are 38 people with their percentage 55.9% and minority with education level is pre-secondary are 7 respondents with percentage 10.3% and primary are two people with their percentage 2.9%. Based on table 3 above about profession ma-

Analyzes the level of knowledge in general in this research are 68 respondents by the mothers who postpartum 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 at the top that the frequency of the level of knowledge is sufficient are 36 respondents with percentage 52.9%. Pelt he researcher to Talitha Amerada (2020) on "*Hubungan pengetahuan ibu tentang awal menyusui dini ASI exclusive di Puskesmas Cempaka*" indicate that majority with sufficient category are 57 respondents with percentage (72.67%). According to current research and past research result their result is equal because respondent majority has general knowledge is sufficient about initiation of breastfeeding, this result be respondent in the questionnaire applied cited by (Gomes L., & Tilman CB., 2023).

CONCLUSION

- Level of knowledge (knowing) of mothers about the initiation of breastfeeding is given to newborns, majority with sufficient categorical to indicate in table 4, with result frequency 39 people, with percentage 57.4%.
- Mothers' level of knowledge (Understanding) about the initiation of breastfeeding is given to newborns, a majority with sufficient categorical to indicate in graph 4.5, with a frequency result, 35 people, with a percentage of 5.5%.
- Level of knowledge (application) of mothers about the initiation of breastfeeding is given to newborns majority with sufficient categorical to

indicate in graph 4.6 with result of frequencies 38 people with percentage 32.4%.

- Mothers' level of knowledge about the initiation of breastfeeding is given to newborns with the result of the majority of respondents being sufficient with knowledge about giving the initiation of breastfeeding to newborns. It certainly recommends to health personnel to improve give information/health promotion on negative impact while mothers do not apply well and do not give the beginning of breastfeeding to newborns, to reduce cause of morbidity and mortality of newborns in the Comoro Community Health Center, to be born with healthy condition and long of all diseases faced of suckling implementation in hospitals cited by (Gomes L. & Tilman CB., 2023).

REFERENCES

1. Bright Opoku Ahankara, Abdul-Aziz Seidu, Eugene Bodu, Ali Mohammed, Collins Adul, Edward Kwabena Ameyaw, Kwaku Kissah-Korsah, Faustina Adobe, Sanin Yaya. (2022), Maternal and child factors associated with early initiation of breastfeeding in Chad: evidence from nationally representative cross-sectional data, Vol.14, issue 5, September 2022, pages 510-518.
2. Dian Nintyasari Mustique. Siti Nuraan Alvie. Yuliana Noor Stearate Alvie. (2018). Buku Ajar Kesehatan Kebidanan Nifas. Semarang.
3. Domus, Genito DT. (2017). Yogyakarta Nursing Psychology: Pustaka Press.

4. Alola Foundation. (2014) Annual report, accessed on: <https://www.alolafoundation.org/publication/> (Date accessed 12 February 2022).
5. Hartono & Setianingsih (2019). Manfaat ASI Eksklusif untuk buah hati anda. Yogyakarta: Goshen Publishing.
6. Kenon Seydoux, Yohannes Desalegn, Bruce J.E. Quesada (2021), Determinants and prevalence of early breastfeeding: Does the place of delivery matter? A comparative cross-sectional study based on the 2016 Ethiopian Demographic and Health Survey data, Vol 3. December 2021.
7. Laurentina Fátima Vaquero da Silva Andrade (2016), Knowledge and difficulties of mothers in the face of breastfeeding: Portugal.
8. Eleanor Levy & Helena Bértolo. (2012), manual de alactamento Materno, Lisbon.
9. Ministry of Health (2019). Health information system, accessed at : <https://www.thediliweekly.com/tl/notisias/saude/17279-taxa-fo-susubeen-inanian-exclusivu-ba-bebe-tun-12> (accessed date: 20/10/22).
10. Nathalia Oliveira Terra, Fernanda Garcia Bezerra Goês, Andressa Neto Souza, Beatriz Cabral Ledo, Brenda Lucas Campos, Tâmiris Murena Torres Barcellos (2020), Intervening factors in breastfeeding adherences in the first hour of life, Universidade Federal Fluminense -Rio de Ostras, Brasil, 2020, vol.1-11, November 10, 2020:
11. Natnael Dachas Gameda, Fenthion Almema Chakola, Wound Feyisa Bacha and Nagasu Ayew, (2022), Time Initiation of Breastfeeding and Its Associated Factors at the Public Health Facilities of Dire Dawe City, Eastern Ethiopia, 2021, Vol.2 ,06 September 2022: <https://www.hindawi.com/journals/bmri/2022/2974396/>
12. Satyajit Kundu, Abeeba Geldof Agene, Suvarna Kundu, Md Hasan Al Banne, Tachira Mahbub, Najam Z Asparanin, Md Ashiko Rahman. (2022), Prevalence of and factors with early initiation of breastfeeding in Bangladesh: a multi-level modeling, accessed : <https://academic.oup.com/inthealth/advance-article/doi/10.1093/inthealth/iyac058/6682848> (accessed date: 1 December 2022)
13. Nasrullah, M.J. (2021). Pentingnya inisiasi menyusui dini dan factor yang mempengaruhi asi. *Journal Medical Utama*, (2 January), 626-630.
14. Sari Luvita Liba. (2022), faktor – faktor yang mempengaruhi implementasi Inisiasi dini (IMD) pada persalinan, Vol. 10, No. 2 October 2022:<https://jurnal.unived.acid/index.php/JM/article/view/3257/2681>. (Acessed October 20, 2022).
15. Tilman C.B et al. (2020). The Perception of Population and Health Professionals regarding the National immunization Program of Timor-Leste. *Health Systems and Policy Research*, International Standard Serial Number (ISSN): 2254-9137 Vol.7 No.1:2 2020. www.imedpub.com published date May 11, 2020.
16. Tilman, CB. et at. (2022). Dengue Fever Based on Epidemiological Situation: Current Outbreak in East Timor on January 2020 until February

2022. *Nursing Primary Care*, 2022;6(5): 1-5. International Standard Serial Number (ISSN) 2639-9474
<http://www.seivisionpub.com>

17. Timor-Leste. M d S. (2014). Ministry of Health. Report SIS (Integrated Health System).