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# The Relationship Between Body Image In Postpartum Mothers And The Practice Of Breastfeeding.

*by Rizki Amalia*

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## The Relationship Between Body Image In Postpartum Mothers And The Practice Of Breastfeeding.

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**Background :** A negative body image can be formed because of a person's dissatisfaction with his body shape and daily appearance. Postpartum mothers with a negative body image tend to stop breastfeeding before 6 months, because they are worried that breastfeeding will have a negative impact on their body shape. Based on this background, the researcher wants to examine the relationship between body image in postpartum mothers and the practice of breastfeeding. **Method :** The research design was cross sectional analytic. The research sample was 67 postpartum mothers who were in the Sidoarjo. The results of this data collection will then be processed using a computer program. Then to determine whether there is a correlation between body image perception and the practice of breastfeeding, data analysis was carried out using the chi square test. The variables in this study include the independent variable, which is the scale of body image perception, while the dependent variable is the practice of breastfeeding. **Results :** Based on the results of data analysis, it shows that the majority of respondents with a negative body image practice breastfeeding as many as 14 respondents. Based on data analysis using the chi square test, it shows that  $p < \alpha$ , which is  $0.005 < 0.05$ . **Conclusion :** It can be concluded that there is a relationship between body image perception and breastfeeding practice.

### I. Introduction

Pregnancy, childbirth and the puerperium are physiological processes experienced by a woman. In this process there will be physiological and psychological changes in the mother. Physical changes that occur are changes in body shape in pregnant women and after childbirth.

Changes in body shape can affect one's body image perception. Perception body image itself can be positive or negative. Negative body image can be formed due to a person's feeling of dissatisfaction with his daily body shape and appearance and lasts for a long time.[1]

Body image is the way a person perceives his body in relation to his ideals, as well as in a local culture and in relationships with other people assessing his body.[2] The results showed that women in the puerperium who pay attention to their body image have a tendency to stop breastfeeding before 6 months, because they are worried that breastfeeding will have a negative impact on their body shape.[3] In addition, negative body image in breastfeeding mothers will trigger feelings of depression and anxiety,[4] and this will have an impact on milk production because it affects the formation of the hormone prolactin.

Government regulations that oblige the practice of exclusive breastfeeding have been able to increase the number of exclusive breastfeeding from 15.3% in 2010[5] to 38% in 2013[6]. However, this increase is still far below the national target for breastfeeding coverage exclusive of 80%. So that the factors that inhibit exclusive breastfeeding must be detected as early as possible in postpartum mothers. The hope is that psychological and physical problems can be resolved properly so that the practice of exclusive breastfeeding increases.

Based on this background, the researcher wants to examine the relationship between body image in postpartum mothers and the practice of breastfeeding.



## II. The Proposed Method/Algorithm

The research design was cross sectional analytic. The research sample was 67 postpartum mothers who were in the Sidoarjo area. Sampling was done by using purposive sampling technique with the criteria for the inclusion of postpartum mothers without complications and problems during labor and childbirth. Data were collected using a questionnaire to postpartum mothers.

The results of this data collection will then be processed using a computer program. Then to determine whether there is a correlation between body image perception and the practice of breastfeeding, data analysis was carried out using the chi square test. The variables in this study include the independent variable, which is the scale of body image perception, while the dependent variable is the practice of breastfeeding.

This measuring tool adapted from body image measuring tool developed by Thomas F. Cash at in 1989 named Multidimensional Body-Self Relations Questionnaire - Appearance Scale (MBSRQ-AS) the measure the appearance scale. This measuring tool consists of 34 items that it refers to five aspects, namely appearance evaluation (evaluation of appearance), appearance orientation (appearance orientation), body area satisfaction (satisfaction with body parts), overweight preoccupation (anxiety of being fat), and self-classified weight (categorization of measures body). The higher the score obtained then it can be said that the subject has a positive body image

## III. Results and Discussion

Table 1. Frequency distribution of body image perceptions

No	Body image	Frequency	%
1	Positive	44	66
2	Negative	23	34
		67	100

Based on table 1. It shows that some respondents have body image perception as much as 66% of respondents

Table 2. Frequency Distribution Of Breastfeeding Practice

No	Breastfeeding Practice	Frequency	%
1	Breastfeeding	28	42
2	Breastfeeding and formula milk	20	30
3	Formula milk	19	28
		67	100

Based on table 1. It shows that some respondents practice breastfeeding as much as 42% of respondents

Table 3. Relationship between Body Image and Breastfeeding Practice

Body image	Breastfeeding Practice			pvalue
	Breastfeeding	Breastfeeding and formula milk	Formula milk	
Positive	14	12	18	0,005
Negative	14	8	1	
	28	20	19	

Based on table 3, it shows that most of the respondents whose body image perceptions were negative did the practice of breastfeeding as many as 14 respondents. Based on data analysis using the chi square test, it shows that  $p < \alpha$ , which is  $0.005 < 0.05$ , so it can be concluded that there is a relationship between body image perception and breastfeeding practice.

The results showed that there was a relationship between body image perception and breastfeeding practice with a p value of 0.005. Breastfeeding to babies by postpartum mothers is influenced by several factors, including the physical and psychological conditions of the mother during the postpartum period. Postpartum mothers who experience psychological problems including postpartum depression, negative body image perception, not getting support from their families, especially husbands, will have an impact on breastfeeding practices.

A negative body image perception in postpartum mothers can affect breastfeeding practices, because mothers will stop breastfeeding because they are afraid of fat, bad breasts, or even mothers will go on a diet to improve their body shape and this will affect milk production. Other research shows that the results of research conducted by [7] shows that there is a relationship between body image on self-esteem in postpartum mothers primipara at the Mergangsa Health Center. This thinking will then form new attitudes from the postpartum mother to improve this. Other studies have shown that the higher the body image score (negative body image), the more it is short duration of exclusive breastfeeding for infants.[8] Hauff & Demerath study (2012) showed that primiparous mothers with nutritional status were overweight and obese that overweight and obese women had the median duration of breastfeeding shorter and has a high risk of stopping breastfeeding at one year first after giving birth.[9]

Women with a negative body image after childbirth are less likely to have a shorter duration of exclusive breastfeeding due to dietary practices after childbirth, shame when having to breastfeed in public and concerns about the impact of breastfeeding on body shape [3] Postpartum mothers with negative body image will raise their own worries about themselves, their appearance, self-confidence and relationship satisfaction with their partners. So it is necessary to increase the confidence in postpartum mothers and knowledge about breastfeeding. The practice of breastfeeding provides many benefits to both mother and baby. Even mothers who provide exclusive breastfeeding properly is one way to improve the health status of the mother and baby and can accelerate the process of restoring the mother's body shape. In addition, breastfeeding can reduce the risk of the mother suffering from breast cancer.[10]

#### IV. Conclusion

The results of data analysis from this study indicate that there is a relationship between body image and breastfeeding practice

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