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3 Exclusive breast milk by working mothers as a new habit: a literature review



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ABSTRACT

¹ The Indonesian government, WHO and UNICEF recommend exclusive breastfeeding for the first six months of life. Not only for babies, but breastfeeding is also beneficial for mothers, including helping delay pregnancy, accelerating health recovery and providing positive psychological effects. However, one of the obstacles to exclusive breastfeeding is the problem of working mothers. This study aimed to explain exclusive breast milk by working mothers as a new habit. This study is a literature review with the stages of problem formulation, literature search, data extraction, data analysis and interpretation. However, it is proven that many working mothers experience success in exclusive breastfeeding. Good management is one of the keys. The motivation of mothers and families must be built from an early age. With the right education, the knowledge and attitudes of mothers and families on the importance of exclusive breastfeeding can be realized.

Keywords: exclusive breastfeeding, working mother, family

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INTRODUCTION

A healthy child is a child who is free from health problems and is growing and developing. The first two years of life are crucial for a child's growth and development because they lay the groundwork for future development. Unfortunately, many children at that age still experience health problems and malnutrition. Fulfilling the wrong nutritional needs at the beginning of a child's age is related to exclusive breastfeeding. However, not all mothers give exclusive breastfeeding to their babies. Breast milk provides real health benefits for children in the first two years of life and thereafter.

If a baby is exclusively breastfed, it means that no other meals or beverages, such as formula milk, orange juice, honey, tea water, or water, are given to them, and no solid foods, such as bananas, papayas, milk porridge, biscuits, or rice porridge, are given either. Exclusive breastfeeding, among others, is useful in fulfilling the baby's nutrition, increasing the baby's immune system, and increasing mental and emotional intelligence. Not only for babies, but breastfeeding is also beneficial for mothers, including helping delay pregnancy, accelerating health recovery and providing positive psychological effects.¹

WHO, UNICEF, the Indonesian government, and the first six months of a child's life should be spent exclusively breastfeeding; after that, complementary meals should be introduced, and breastfeeding should continue until the kid is two years old or older. The second Sustainable Development Goal (SDG), which calls for ending hunger and all types of malnutrition by 2030 and ensuring food security, includes exclusive breastfeeding as one of its aims. In 2019, there were 67.74% of newborns nationwide who were exclusively breastfed. The aim of 50% in the 2019 Strategic Plan has been exceeded by this number. West Papua Province has the lowest rate of exclusive breastfeeding coverage (41.12) while West Nusa Tenggara Province has the highest rate (86.26%). Gorontalo, Maluku, Papua, and West Papua are the four provinces that have not attained the goal set forth in the 2019 Strategic Plan.²

Working mothers are a problem that makes exclusive breastfeeding difficult. According to the Central Statistics Agency and the Ministry of Women's Empowerment and Child Protection (2018), 48.12% of Indonesian women are employed, making this group the largest among all female population groups. Moreover, of the group of working women,

71.49% are married women. It means that the number of working women likely to experience pregnancy, childbirth and breastfeeding during work is very large. Therefore, adequate attention is needed so that the status of working mothers does not become a reason to stop exclusive breastfeeding.³

Exclusive breastfeeding by working mothers is a necessity. Maximum effort is needed to make it happen. Therefore, This study aimed to explain exclusive breast milk by working mothers as a new habit.

METHOD

This study is a literature review. The literature review is a systematic, explicit, and repeatable procedure for locating, assessing, and combining research findings and the ideas of academics and professionals. A description of the theory, findings, and other research materials gleaned from reference materials are included in the literature review, which serves as the foundation for the research operations. The study was structured through several stages, namely (1) problem formulation, (2) literature search, (3) data extraction and (4) data analysis and interpretation.⁴ The literature used in this study is in the form of scientific papers,

previous studies, theories, documentation and other literature as study references.

EXCLUSIVE BREASTFEEDING ARRANGEMENTS

Towards the provision of Exclusive Breastfeeding, the Government of the Republic of Indonesia established a regulation (Government Regulation of the Republic of Indonesia Number 33 of 2012). According to Article 2 of the regulation, the goal of the regulation of exclusive breastfeeding is to guarantee that the baby's right to exclusive breastfeeding is upheld, to protect mothers who are exclusively breastfeeding, and to strengthen the role and support of families, communities, local governments, and governments in favor of exclusive breastfeeding.

The risk of acute illnesses including diarrhea, pneumonia, ear infections, Hemophilus influenzae, meningitis, and urinary tract infections is decreased by breastfeeding. Additionally, breastfeeding guards against future chronic illnesses like type 1 diabetes. The ideal feeding schedule, especially with regard to exclusive breastfeeding, has not been properly implemented for infants from birth to children aged 2 (two) years. Mothers' lack of confidence in their ability to breastfeed successfully, lack of mother knowledge, lack of family support, and poor public awareness of the advantages of exclusive breastfeeding are some barriers to breastfeeding. The failure of health professionals, healthcare institutions, and baby food manufacturers to support mothers in their success in breastfeeding their children. Working mothers are another factor that comes up frequently.

Problems with working mothers and cessation of exclusive breastfeeding may be avoided if the place where mothers work understands the regulations that must be carried out. Administrators of workplaces are required to assist the exclusive breastfeeding program, which includes providing special facilities for nursing and expressing breast milk in accordance with the capabilities of the organization. The company is also obliged to provide opportunities for working mothers to give exclusive breastfeeding or express breast milk during working hours at work.

Review of the literature looks at

the connection between breastfeeding exclusively in Indonesia and the status of working women. Seven studies from the past ten years were the subject of the study. Four research revealed a strong connection between working moms' status and exclusive breastfeeding. Therefore, one of the things that prevents a woman from providing exclusive breastfeeding is the situation of working mothers. Working women are a high-risk group and the barrier to exclusive breastfeeding interventions in various countries.⁵

However, the road to the success of working mothers in exclusive breastfeeding is still open. From the literature review above, 3 studies show that the status of working mothers is not significantly related to exclusive breastfeeding. It means that working mothers who want to breastfeed, and all related parties need to examine the factors that can support the success of exclusive breastfeeding. Moreover, in various studies, many determinant factors are significantly related to breastfeeding success.

DETERMINANTS OF THE SUCCESS OF EXCLUSIVE BREASTFEEDING IN WORKING MOTHERS

Mother's Knowledge

Review of the literature was done to examine the connection between a mother's nursing knowledge and her success in achieving exclusive breastfeeding. The review was conducted on 25 studies published over the last 10 years. This shows that the better the level of knowledge, the better the educational behavior in breastfeeding. Almost a third to a third of mothers do not know that breast milk helps delay pregnancy, stimulates uterine contractions, helps mothers lose weight quickly, and helps reduce the risk of osteoporosis.⁶

Knowing more about breastfeeding can help a mother fully comprehend the benefits and drawbacks of breastfeeding. Knowledge has a significant part in how a mother behaves. This knowledge will serve as the foundation for how moms should conduct when providing expressed breast milk to their infants. If mothers are well informed about the benefits of exclusive breastfeeding, they will be more aware of its significance for both themselves

and their infants. Therefore, moms who are well-informed tend to work more to establish exclusive breastfeeding for their infants using a variety of techniques, such as breastfeeding pumps or expressed breast milk.⁷⁻¹⁰

Husband Support

The husband is the party who is considered capable of encouraging the mother to optimize exclusive breastfeeding. Husband's support for breastfeeding mothers is emotional and psychological because it can increase self-confidence and provide comfort and experience of the mother's success in breastfeeding. An analytical study proves that husbands' support is associated with success in exclusive breastfeeding for working mothers at the Depok Jaya Inpatient Main Clinic.¹¹ The husband's support in the study includes emotional, physical, informational and assessment support. Emotional support is expressed through verbal and nonverbal communication, including emotional support, listening, empathy, and providing calm and comfort.^{8,12,13}

A provision that can offer immediate assistance, such as financial loans, products, food, and services, is referred to as physical support.^{1,14,15} Because users of this type of help may handle issues directly related to the subject, it can lower stress. Other types of physical support include ongoing financial support, grocery shopping, childcare, and housework. This support has psychological repercussions if the person perceives the assistance as a sign of love and respect.¹¹

Information support is characterized as support in the form of offering specific information. Depending on one's needs, different information is communicated. Supportive information can help families overcome issues by offering needed guidance, suggestions, or information. Husbands can provide women with information so they can get exclusive breastfeeding knowledge.¹¹

Support that is provided in accordance with another person's condition is known as appraisal. Awards for achieving family conditions based on actual circumstances might be used as assessment support. Positive and negative evaluations

both have a big impact on the person receiving them. The husband's assessment assistance takes the form of reminding the mother to exclusively breastfeed the child in accordance with the schedule and reprimanding her if she gives the child anything other than breast milk. If the mother receives positive assessment support, it will strengthen her belief that giving exclusive breastfeeding to the baby is right.¹¹

Family support

A literature review of family support, exclusive breastfeeding and working mothers was carried out on 5 studies in the 2010-2020 period.¹⁶ Family support is obtained from husbands, grandfathers, grandmothers and closest relatives, who can be given as motivation to increase the mother's confidence, advice and attendance. The findings of the study revealed a connection between family support and exclusive breastfeeding in three trials. Support from the family is crucial for breastfeeding mothers since it will boost the mother's confidence if the family encourages her to breastfeed exclusively. So that mothers can be motivated and have a high spirit to give exclusive breastfeeding.¹⁶

Workplace Support

A study looks at workplace factors that contribute to successful exclusive breastfeeding, such as support from superiors, access to facilities, and encouragement from coworkers.¹⁷ The effectiveness of exclusive breastfeeding is significantly correlated with the level of support from the employer, including both a weak and a positive linear pattern, according to an analysis of the work supervisor's support.¹⁸

A mother who works and breastfeeds will be constrained if there are no baby care facilities or a lactation room because the lactation room is where mothers can express or breastfeed and store breast milk in the refrigerator.¹⁹ In the lactation room, mothers can also exchange experiences and enrich their knowledge about breastfeeding with colleagues who are breastfeeding. These facilities will help working mothers by providing exclusive breastfeeding. It can reduce mothers'

anxiety toward children, making them more productive.⁶

Working mothers will interact more often with people in their work environment. This support from co-workers will allow mothers to get useful and important information for mothers. Breastfeeding mothers need to increase their self-confidence and motivation in breastfeeding and increase their knowledge about proper breastfeeding. In addition, exposure from co-workers who are breastfeeding will positively impact the success of exclusive breastfeeding.²⁰

NEW HABITS FOR WORKING MOTHERS IN EXCLUSIVE BREASTFEEDING

The status of working mothers is a challenge in exclusive breastfeeding interventions. The status of working mothers could be a barrier to exclusive breastfeeding if the mother and the people around her are not prepared. However, it is proven that many working mothers experience success in exclusive breastfeeding. Good management is one of the keys. The motivation of mothers and families must be built from an early age. With the right education, it is possible to change mothers' and families' perspectives regarding the importance of exclusive breastfeeding.²⁰

Support at work, however, is also crucial. The effectiveness of exclusive breastfeeding depends on a number of critical aspects, including support from superiors, coworkers, and suitable facilities. With the massive support provided, working mothers will feel comfortable preparing breast milk or breastfeeding directly at work. This activity will gradually become a habit for all working mothers.²⁰

CONCLUSION

Not only mothers but families and the workplace environment also need to understand the management of exclusive breastfeeding. The motivation of mothers and families must be built from an early age. With the right education, the knowledge and attitudes of mothers and families on the importance of exclusive breastfeeding can be realized. Further studies are needed to evaluate more deeply factors that influence exclusive breast milk by working mothers.

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Conflict of Interest

No potential conflict of interest relevant to this article was reported.

Author Contribution

Each author contributes in a similar manner to the thought process beginning with the research thoughts, information acquisitions, information investigation, factual investigations, modifying the paper, and concluding with the detailing of the thought process through publication.

Ethical Consideration

None.

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